

get fit goals

monday	
tuesday	
wednesday	
thursday	
friday	
saturday	
sunday	

workout tracker		
week 1:	week 2:	week 3:
<input type="checkbox"/> monday	<input type="checkbox"/> monday	<input type="checkbox"/> monday
<input type="checkbox"/> tuesday	<input type="checkbox"/> tuesday	<input type="checkbox"/> tuesday
<input type="checkbox"/> wednesday	<input type="checkbox"/> wednesday	<input type="checkbox"/> wednesday
<input type="checkbox"/> thursday	<input type="checkbox"/> thursday	<input type="checkbox"/> thursday
<input type="checkbox"/> friday	<input type="checkbox"/> friday	<input type="checkbox"/> friday
<input type="checkbox"/> saturday	<input type="checkbox"/> saturday	<input type="checkbox"/> saturday
<input type="checkbox"/> sunday	<input type="checkbox"/> sunday	<input type="checkbox"/> sunday
week 4:	week 5:	week 6:
<input type="checkbox"/> monday	<input type="checkbox"/> monday	<input type="checkbox"/> monday
<input type="checkbox"/> tuesday	<input type="checkbox"/> tuesday	<input type="checkbox"/> tuesday
<input type="checkbox"/> wednesday	<input type="checkbox"/> wednesday	<input type="checkbox"/> wednesday
<input type="checkbox"/> thursday	<input type="checkbox"/> thursday	<input type="checkbox"/> thursday
<input type="checkbox"/> friday	<input type="checkbox"/> friday	<input type="checkbox"/> friday
<input type="checkbox"/> saturday	<input type="checkbox"/> saturday	<input type="checkbox"/> saturday
<input type="checkbox"/> sunday	<input type="checkbox"/> sunday	<input type="checkbox"/> sunday
week 7:	week 8:	week 9:
<input type="checkbox"/> monday	<input type="checkbox"/> monday	<input type="checkbox"/> monday
<input type="checkbox"/> tuesday	<input type="checkbox"/> tuesday	<input type="checkbox"/> tuesday
<input type="checkbox"/> wednesday	<input type="checkbox"/> wednesday	<input type="checkbox"/> wednesday
<input type="checkbox"/> thursday	<input type="checkbox"/> thursday	<input type="checkbox"/> thursday
<input type="checkbox"/> friday	<input type="checkbox"/> friday	<input type="checkbox"/> friday
<input type="checkbox"/> saturday	<input type="checkbox"/> saturday	<input type="checkbox"/> saturday
<input type="checkbox"/> sunday	<input type="checkbox"/> sunday	<input type="checkbox"/> sunday
week 10:	week 11:	week 12:
<input type="checkbox"/> monday	<input type="checkbox"/> monday	<input type="checkbox"/> monday
<input type="checkbox"/> tuesday	<input type="checkbox"/> tuesday	<input type="checkbox"/> tuesday
<input type="checkbox"/> wednesday	<input type="checkbox"/> wednesday	<input type="checkbox"/> wednesday
<input type="checkbox"/> thursday	<input type="checkbox"/> thursday	<input type="checkbox"/> thursday
<input type="checkbox"/> friday	<input type="checkbox"/> friday	<input type="checkbox"/> friday
<input type="checkbox"/> saturday	<input type="checkbox"/> saturday	<input type="checkbox"/> saturday
<input type="checkbox"/> sunday	<input type="checkbox"/> sunday	<input type="checkbox"/> sunday