

# fitness log

month: \_\_\_\_\_

week    m    t    w    th    f    s    s

1							
2							
3							
4							

My personal fitness goals for this month: \_\_\_\_\_

I will work out \_\_\_\_\_ days a week.

When I kick this month's butt, I will reward myself with: \_\_\_\_\_.

I am awesome.  Yes  Yes