CIT		Workout Tracker	
Get <b>FIT</b> Goals		workout tracker	
Tuesday Monday	Week 1:  Monday Tuesday Wednesday Thursday Friday Saturday Sunday	Week 2:  Monday Tuesday Wednesday Thursday Friday Saturday Sunday	Week 3 :    Monday   Tuesday   Wednesday   Thursday   Friday   Saturday   Sunday
Tu	Week 4:	Week 5 :	Week 6:
Wednesday	☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday	☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday	☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday
Thursday	□ Sunday  Week 7: □ Monday	Sunday  Week 8:  Monday	□ Sunday  Week 9: □ Monday
Friday	☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday	☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday	☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday
Saturday	Week 10:  Monday Tuesday	Week 11 :  Monday Tuesday	Week 12:  Monday Tuesday
Sunday	☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday	☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday	☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday