

PRINTABLE *Workout* trackers!

Monthly Workout Record

Month of _____

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	Weekly Weigh-In
Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Weight: _____ Total Lost: _____
Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Weight: _____ Total Lost: _____
Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Weight: _____ Total Lost: _____
Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Weight: _____ Total Lost: _____
Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Weight: _____ Total Lost: _____

Monthly Workout Plan

Month of _____

<i>Beginning of Month Goals</i>	<i>End of Month Goal Progress</i>	Notes for Next Month
Goal #1 - Weight: _____	Goal #1 - Final Weight: _____	
Goal #2 - Number of Workout Days: _____	Goal #2 - Actual # of Workout Days: _____	
Goal #3: _____	Goal #3: _____	
Goal #4: _____	Goal #4: _____	
Goal #5: _____	Goal #5: _____	
Goal #6: _____	Goal #6: _____	
Goal #7: _____	Goal #7: _____	

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