

Fitness Challenge Diary

Challenge Duration

Main Goal

Days

Date	Total Workout Time	Muscle Group

Exercise	Set 1	Set 2
	Weight	Weight
	Reps	Reps
	Weight	Weight
	Reps	Reps
	Weight	Weight
	Reps	Reps

Workout Done? ☐ Yes ☐ No

Energy? ☐ Low ☐ Medium ☐ High

Daily Habits (Checklist)

- ☐ Exercise
- ☐ Drink Water
- ☐ Eat Healthy
- ☐ Stretch
- ☐ Sleep Well

Notes

Starting Weight

Current Weight