

# **Fitness** Challenge Diary

Challenge Duration

 Days

Main Goal

Date	Total Workout Time	Muscle Group

Exercise	Set 1		Set 2	
	Weight	Reps	Weight	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