



# DAILY WORKOUT

## Journal

Date: \_\_\_\_\_

M T W T F S S

Workout: \_\_\_\_\_

Time: \_\_\_\_\_

Family Goal: \_\_\_\_\_

Dist: \_\_\_\_\_

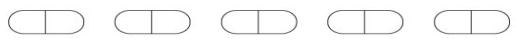
Focus Area: \_\_\_\_\_

Steps: \_\_\_\_\_

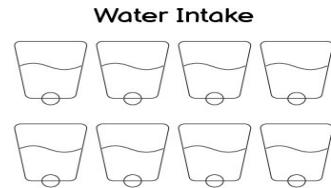
### Veggies & Fruits



### Vitamins



Cardio	Time	Reps



### Notes

\_\_\_\_\_

\_\_\_\_\_

Exercise	Set 1		Set 2	
	Weight	Reps	Weight	Reps