



DAILY WORKOUT *Journal*

Date: _____

M T W T F S S

Workout: _____

Time: _____

Faily Goal: _____

Dist: _____

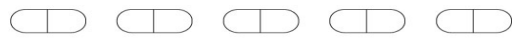
Focus Area: _____

Steps: _____

Veggies & Fruits

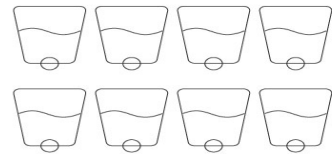


Vitamins



Cardio	Time	Reps

Water Intake



Notes

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