

# Weekly **Workout Diary**

Main Goal

Week of

Focus Area: Hips Thigh Chest Arms Body Fat Muscle

Day	Exercise	Set	Reps	Weight

This Month's Check-In Weight : Pounds Lost :

My Mood Today

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Glasses Of Water I Drink Today

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### Daily Habits (Checklist)

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

Notes

What went well?

What to improve next week?