

Fitness Goal Tracker

Date:

S M T W T F S

● Breakfast: _____

● Dinner : _____

● Lunch : _____

● Snacks : _____

Daily Target:

Weekly Point Left:

Daily Goal:

Focus Area:

Hips Thigh Chest Arms Body Fat Muscle

| Exercise | Set | Reps | Weight | Notes |
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| Cardio or Exercise | Time | Distance | Heart Rate | Calories |
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Water: ~ ~ ~ ~ ~ ~ ~ ~



Steps: