

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

Cardio or Exercise	Time	Distance	Heart Rate	Calories

Water: ~ ~ ~ ~ ~ ~ ~ ~

 Steps: