EXERCISE TRACKER

Date: | M T W T F S S

Core Exercise	Set 1		Set 2		Set 3	
	Reps	Weight	Reps	Weight	Reps	Weight

Upper Body Exercise	Set 1		Set 2		Set 3	
	Reps	Weight	Reps	Weight	Reps	Weight

Lower Body Exercise	Set 1		Set 2		Set 3	
	Reps	Weight	Reps	Weight	Reps	Weight