

# Workout Tracker

TODAY'S DATE: \_\_\_\_\_

EXERCISE: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_ REPS: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

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EXERCISE: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_ REPS: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

WHAT I LIKED ABOUT THIS WORKOUT:

WATER:

S M T W T F S  
○ ○ ○ ○ ○ ○ ○ ○

WHAT I WILL CHANGE FOR NEXT WEEK:

MEAL PLAN:

S M T W T F S  
○ ○ ○ ○ ○ ○ ○ ○