

# WEEKLY WORKOUT TRACKER

Date: \_\_\_\_\_

Cardio: \_\_\_\_\_ Time: \_\_\_\_\_

Exercise	Weight	Reps
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Date: \_\_\_\_\_

Cardio: \_\_\_\_\_ Time: \_\_\_\_\_

Exercise	Weight	Reps
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Date: \_\_\_\_\_

Cardio: \_\_\_\_\_ Time: \_\_\_\_\_

Exercise	Weight	Reps
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Date: \_\_\_\_\_

Cardio: \_\_\_\_\_ Time: \_\_\_\_\_

Exercise	Weight	Reps
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Notes: \_\_\_\_\_