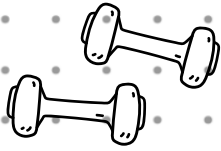




# HEALTH & FITNESS



# WORKOUT PLANNER

WEEK OF:

MON

Empty grid for Monday workout planning.

TUE

Empty grid for Tuesday workout planning.

WED

Empty grid for Wednesday workout planning.

THU

Empty grid for Thursday workout planning.

FRI

Empty grid for Friday workout planning.

SAT

Empty grid for Saturday workout planning.

SUN

Empty grid for Sunday workout planning.

# WORKOUT TRACKER

DATE:

TOTAL WORKOUT TIME:

TRAINING FOCUS:

EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						

CARDIO	DISTANCE	TIME	HEART RATE	PACE	CALORIES

DATE:

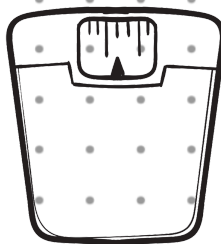
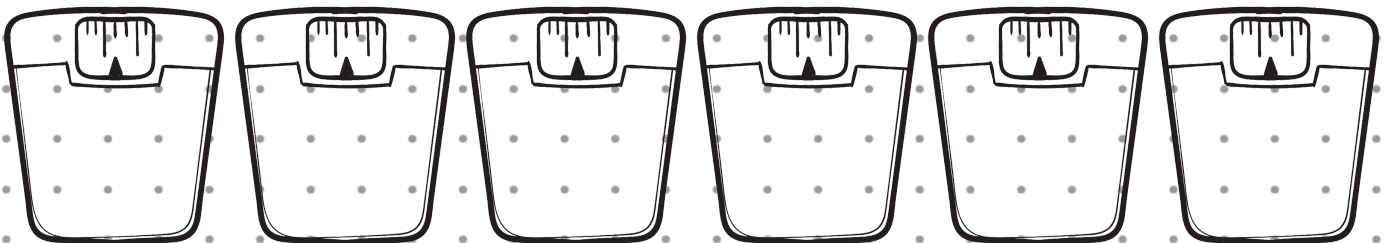
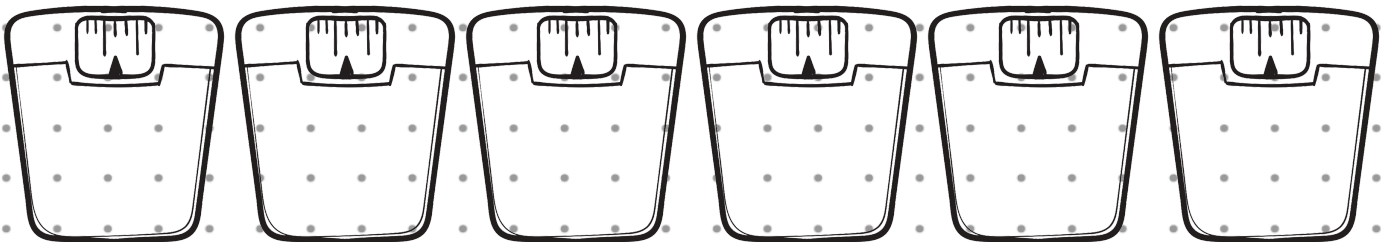
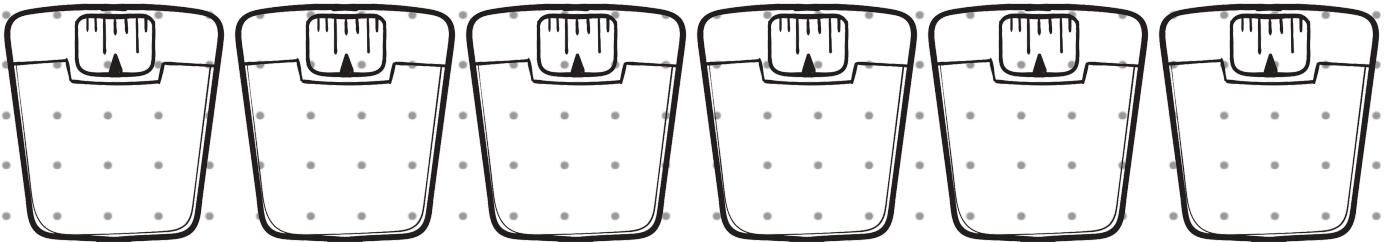
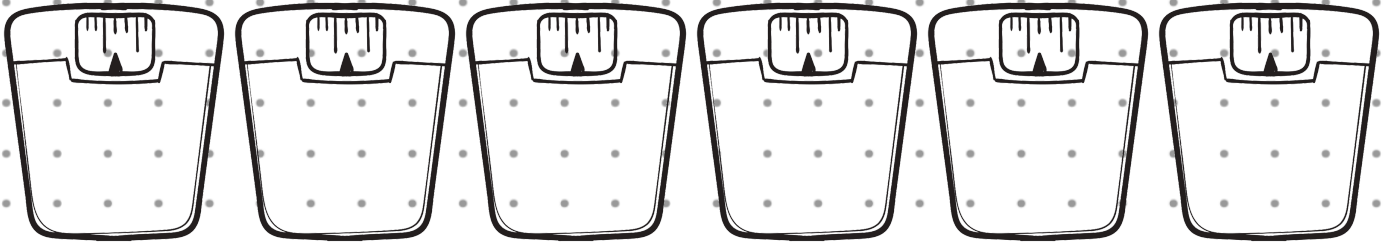
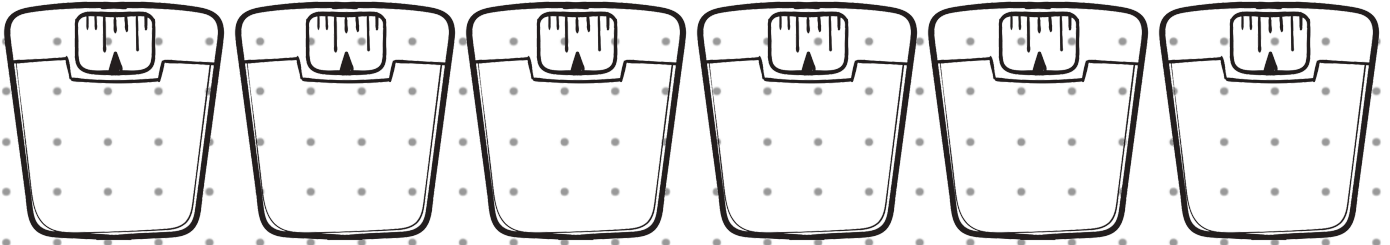
TOTAL WORKOUT TIME:

TRAINING FOCUS:

EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						

CARDIO	DISTANCE	TIME	HEART RATE	PACE	CALORIES

# DAILY WEIGHT TRACKER

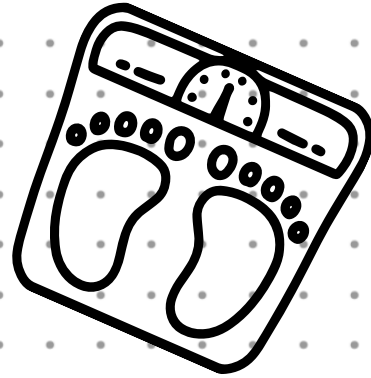


# WEIGHT TRACKER

## GOALS & MILESTONES

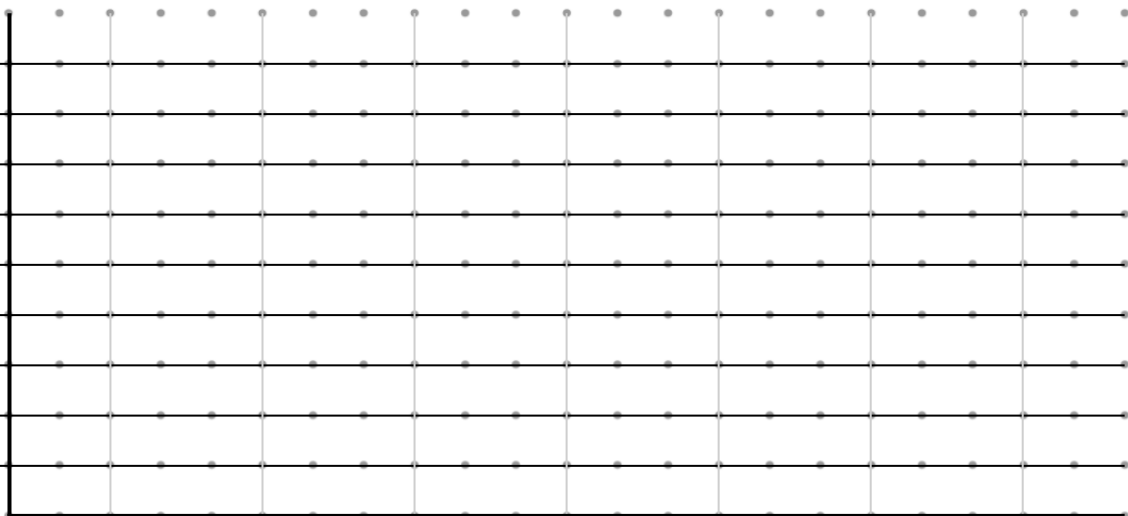
SHORT-TERM GOAL:  
LONG-TERM GOAL:

CELEBRATION POINTS:  
LOSE \_\_\_\_ LBS → REWARD:  
  
LOSE \_\_\_\_ LBS → REWARD:



DATE	WEIGHT	DIFFERENCE	NOTES

(WEIGHT)



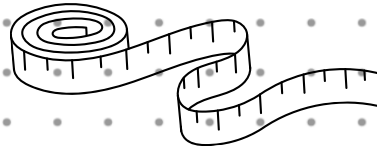
(DATE)



# BODY MEASUREMENT

START DATE: \_\_\_\_\_

END DATE: \_\_\_\_\_



	BEFORE	AFTER
WEIGHT		
NECK		
CHEST/BUST		
WAIST		
HIPS		
THIGHS		
CALVES		
UPPER ARMS		
BMI		

