Exercise & Fitness Tracker

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Start weight:	End weight:	Stats:	

Strength Workout #1

	7 7 7 7 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6		
Exercise	Week 2	Week 3	Week 4

Strength Workout #3

Exercise	Week 2	Week 3	Week 4

Strength Workout #2

Exercise	Week 1	Week 2	Week 3	Week 4

Strength Workout #4

Week 1	Week 2	Week 3	Week 4
	Week 1	Week 1 Week 2	Week 1 Week 2 Week 3