

MORNING WORKOUT TRACKER

Weight Loss & Consistency Log

WEEK OF: _____
STARTING WEIGHT: _____
GOAL: _____

DAY	EXERCISE DESCRIPTION	DURATION	INTENSITY	DONE
Monday	High-Knees, Jumping Jacks, Squats	20 Min	High	
Tuesday	Brisk Walk / Light Jog	30 Min	Med	
Wednesday	Plank, Mountain Climbers, Burpees	15 Min	High	
Thursday	Yoga / Active Recovery	25 Min	Low	
Friday	Circuit: Pushups, Lunges, Dips	20 Min	High	
Saturday	Outdoor Activity / Long Walk	45 Min	Med	
Sunday	Rest & Mobility Stretch	10 Min	Low	

WEEKLY REFLECTION / ENERGY LEVELS / NUTRITION NOTES: