

FITNESS PROGRESS LOG

WEEK OF: _____ WEIGHT: _____

Primary Weekly Goal

Reward / Motivation

DAY	ACTIVITY / EXERCISE	DURATION/SETS	INTENSITY (1-10)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Generated Template ðŸš€ Fitness Tracker Focus ðŸš€ Discipline ðŸš€ Consistency