

MONTHLY FITNESS TRACKER

Month: _____

Year: _____

PRIMARY MONTHLY GOALS

1.
2.
3.

STARTING STATS

Weight: _____

Body Fat %: _____

Other: _____

DAY	ACTIVITY / WORKOUT	DURATION	INTENSITY	DONE
1				
2				
3				
4				
5				
6				
7				
8				
9				

DAY	ACTIVITY / WORKOUT	DURATION	INTENSITY	DONE
10				
11				
12				
13				
14				
15				

MONTHLY REFLECTION & NOTES