

ULTIMATE WEEKLY EXERCISE TRACKER

Week: _____

Month: _____

Total Workouts

Day	Done?
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	
Total	

Cardio Days

Date	Duration	Done?
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		
Total		

Flexibility Days

Date	Duration	Done?
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		
Total		

Strength Days

Date	Duration	Done?
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		
Total		

Other

	Goal	Achieved	Next Week's Goal
Steps			
Water Intake			
Diet			