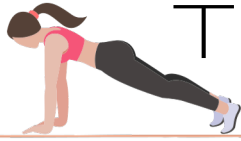


DON'T FORGET  
TO HYDRATE

# Workout

START DATE: \_\_\_\_\_

# Tracker



MONDAY

EXERCISE: \_\_\_\_\_

REPS: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_

TUESDAY

EXERCISE: \_\_\_\_\_

REPS: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_

WEDNESDAY

EXERCISE: \_\_\_\_\_

REPS: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_

THURSDAY

EXERCISE: \_\_\_\_\_

REPS: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_

FRIDAY

EXERCISE: \_\_\_\_\_

REPS: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_

SATURDAY

EXERCISE: \_\_\_\_\_

REPS: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_

DONE?

M T W T F S S

○ ○ ○ ○ ○ ○ ○



SUNDAY

EXERCISE: \_\_\_\_\_

REPS: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_

