

Monthly Workout Record

Month of _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Weigh-In
<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	Weight: Total Lost:
<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	Weight: Total Lost:
<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	Weight: Total Lost:
<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	Weight: Total Lost:
<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	<div></div> <div>Activity:</div> <div>Duration:</div>	Weight: Total Lost:

Monthly Workout Plan

Month of _____

Beginning of Month Goals	End of Month Goal Progress	Notes for Next Month
Goal #1 - Weight: _____	Goal #1 - Final Weight: _____	
Goal #2 - Number of Workout Days: _____	Goal #2 - Actual # of Workout Days: _____	
Goal #3: _____ _____	Goal #3: _____ _____	
Goal #4: _____ _____	Goal #4: _____ _____	
Goal #5: _____ _____	Goal #5: _____ _____	
Goal #6: _____ _____	Goal #6: _____ _____	
Goal #7: _____ _____	Goal #7: _____ _____	