


# WORKOUT TRACKER - B5

 Instructions: Cut along dotted lines.

WEEK OF		GOOD THINGS THAT HAPPENED						WORDS OF MOTIVATION					
THIS WEEK'S FOCUS/GOAL													

TODAY'S DATE	TIME START	TIME END	TODAY'S FOCUS			MUSCLE GROUP			CARDIO			TIME	
EXERCISE		SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS

TODAY'S DATE	TIME START	TIME END	TODAY'S FOCUS			MUSCLE GROUP			CARDIO			TIME	
EXERCISE		SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS

TODAY'S DATE	TIME START	TIME END	TODAY'S FOCUS			MUSCLE GROUP			CARDIO			TIME	
EXERCISE		SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS

TODAY'S DATE	TIME START	TIME END	TODAY'S FOCUS			MUSCLE GROUP			CARDIO			TIME	
EXERCISE		SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS

TODAY'S DATE	TIME START	TIME END	TODAY'S FOCUS			MUSCLE GROUP			CARDIO			TIME	
EXERCISE		SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS