Workout Tracker

Date: M T W T F S S

Training Focus:

CARDIO	TIME	DISTANCE	HEART RATE	CALORIES

EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5
	WEIGH					
	REPS					
	WEIGH					
	REPS					
	WEIGH					
	REPS					
	WEIGH					
	REPS					
	WEIGH					
	REPS					
	WEIGH					
	REPS					

NOTES