

# FITNESS GOALS

START

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50



GOAL



# GOALS

A large, empty rectangular box with a double-line border, intended for writing specific fitness goals.

WORKOUT TRACKER FOR MONTH  
OF \_\_\_\_\_

A rectangular box with a double-line border containing a list of exercises: CRUNCH, LEG RAISE, and PLANK. Each exercise is followed by a series of dots for tracking progress.

# WORKOUT MOTIVATION

BEFORE

AFTER

_____	_____
_____	_____
_____	_____
_____	_____

SONGS

QUOTES



# RESULTS

## BODY PROGRESS

WAIST

ARMS

W1

W1

W2

W2

W3

W3

THIGHS

HIPS

W1

W1

W2

W2

W3

W3

## ACTUAL WEIGHT

W1

W2

W3



# WORKOUT ROUTINE

STARTED AT: \_\_\_\_\_

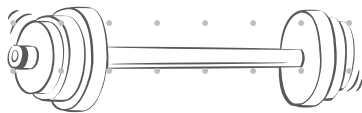
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



# 30 DAY ABS CHALLENGE

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

CRUNCH

--	--	--	--	--	--	--	--	--	--	--	--

LEG RAISE

--	--	--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--	--	--

PLANK

--	--	--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--	--	--

KEY COLOR

