

# WORKOUT TRACKER

DATE:

TOTAL WORKOUT TIME:

TRAINING FOCUS:

EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						
CARDIO		DISTANCE	TIME	PACE	HR	CALORIES	

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	WT						
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	REP						
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						
CARDIO		DISTANCE	TIME	PACE	HR	CALORIES	