Exercise Tracker

STRENGTH TRAINING

Date:

Examples of Strength Training

FREE WEIGHTS, WEIGHT MACHINES, KETTLEBELLS, MEDICINE BALLS, PILATES, BARRE

My Strength Training Goals Are...

SUN | MON | TUES | WED | THU | FRI | SAT

Week One

KEY= ☐ WHAT EXERCISE YOU DID 🕒 HOW LONG YOU DID IT/HOW MANY REPS

☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒

Week Two

☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒

Week Three

☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒

Week Four

☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒	☐ 🕒

Exercise Tracker

CARDIO WORKOUT

Date:

Examples of Cardio

WALKING, RUNNING, BOXING, DANCE, BALLET, AEROBICS, BARRE, SPORTS

My Cardio Goals Are...

SUN | MON | TUES | WED | THU | FRI | SAT

KEY= ☐ WHAT EXERCISE YOU DID HOW LONG YOU DID IT

Week One

☐	☐	☐	☐	☐	☐	☐

Week Two

☐	☐	☐	☐	☐	☐	☐

Week Three

☐	☐	☐	☐	☐	☐	☐

Week Four

☐	☐	☐	☐	☐	☐	☐