

PRINTABLE

Workout trackers!

Monthly Workout Record

Month of _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Weigh-In
☐	☐	☐	☐	☐	☐	☐	Weight: _____
Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Total Lost: _____
Duration: _____	Duration: _____	Duration: _____	Duration: _____	Duration: _____	Duration: _____	Duration: _____	
☐	☐	☐	☐	☐	☐	☐	Weight: _____
Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Total Lost: _____
Duration: _____	Duration: _____	Duration: _____	Duration: _____	Duration: _____	Duration: _____	Duration: _____	
☐	☐	☐	☐	☐	☐	☐	Weight: _____
Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Total Lost: _____
Duration: _____	Duration: _____	Duration: _____	Duration: _____	Duration: _____	Duration: _____	Duration: _____	
☐	☐	☐	☐	☐	☐	☐	Weight: _____
Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Total Lost: _____
Duration: _____	Duration: _____	Duration: _____	Duration: _____	Duration: _____	Duration: _____	Duration: _____	

Monthly Workout Plan

Month of _____

Beginning of Month Goals	End of Month Goal Progress	Notes for Next Month
Goal #1 - Weight: _____	Goal #1 - Final Weight: _____	
Goal #2 - Number of Workout Days: _____	Goal #2 - Actual # of Workout Days: _____	
Goal #3: _____	Goal #3: _____	
Goal #4: _____	Goal #4: _____	
Goal #5: _____	Goal #5: _____	
Goal #6: _____	Goal #6: _____	
Goal #7: _____	Goal #7: _____	

WWW.HAIRSPRAYANDHIGHHEELS.NET

CLICK HERE TO PRINT