

Workout Tracker

Monday	Date: Duration:	Exercise:	Water intake: □□□□ □□□□
Tuesday	Date: Duration:	Exercise:	Water intake: □□□□ □□□□
Wednesday	Date: Duration:	Exercise:	Water intake: □□□□ □□□□
Thursday	Date: Duration:	Exercise:	Water intake: □□□□ □□□□
Friday	Date: Duration:	Exercise:	Water intake: □□□□ □□□□
Saturday	Date: Duration:	Exercise:	Water intake: □□□□ □□□□
Sunday	Date: Duration:	Exercise:	Water intake: □□□□ □□□□