

free printable WORKOUT SCHEDULES

MONTHLY WORKOUT PROGRESS
FOR THE MONTH OF _____

BEGINNING OF THIS MONTH
WEIGHT _____ WAIST _____ HIP _____ CHEST _____ THIGH _____ ARM _____

WEEK ONE
CARDIO WORKOUTS _____ RESISTANCE WORKOUTS _____
NOTES: _____
FOCUS: ☐ LEGS ☐ ARMS ☐ BUTT ☐ ABS ☐ FULL BODY

WEEK TWO
CARDIO WORKOUTS _____ RESISTANCE WORKOUTS _____
NOTES: _____
FOCUS: ☐ LEGS ☐ ARMS ☐ BUTT ☐ ABS ☐ FULL BODY

WEEK THREE
CARDIO WORKOUTS _____ RESISTANCE WORKOUTS _____
NOTES: _____
FOCUS: ☐ LEGS ☐ ARMS ☐ BUTT ☐ ABS ☐ FULL BODY

WEEK FOUR
CARDIO WORKOUTS _____ RESISTANCE WORKOUTS _____
NOTES: _____
FOCUS: ☐ LEGS ☐ ARMS ☐ BUTT ☐ ABS ☐ FULL BODY

END OF THIS MONTH
WEIGHT _____ WAIST _____ HIP _____ CHEST _____ THIGH _____ ARM _____

SUNDAY
CARDIO ☐ RESISTANCE ☐ MIN _____
FOCUS: LEGS ☐ ARMS ☐ BUTT ☐ ABS ☐ FULL BODY
ACTIVITY: _____

MONDAY
CARDIO ☐ RESISTANCE ☐ MIN _____
FOCUS: LEGS ☐ ARMS ☐ BUTT ☐ ABS ☐ FULL BODY
ACTIVITY: _____

TUESDAY
CARDIO ☐ RESISTANCE ☐ MIN _____
FOCUS: LEGS ☐ ARMS ☐ BUTT ☐ ABS ☐ FULL BODY
ACTIVITY: _____