

EXERCISE TRACKER



TIME IN GYM

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MONTH

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YEAR

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S

MUSCLE GROUP										
STRENGTH	SET : 1		SET : 2		SET : 3		SET : 4		SET : 5	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS



CARDIO	DURATION	SPEED	DISTANCE	CALORIES

TIME IN GYM

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MONTH

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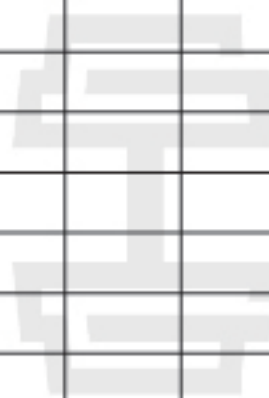
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YEAR

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EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS



CARDIO	DURATION	SPEED	DISTANCE	CALORIES

FITNESS GOALS



START DATE

DURATION

END DATE

GOAL WEIGHT

START WEIGHT

END WEIGHT

REWARDS

HABITS TO START

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HABITS TO AVOID

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PROGRESS

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

GOALS LIST

MOTIVATION

HABIT TRACKER



GARAGE GYM
REVIEWS

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

HABITS	DAILY TRACKER															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	17
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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HABITS TO AVOID

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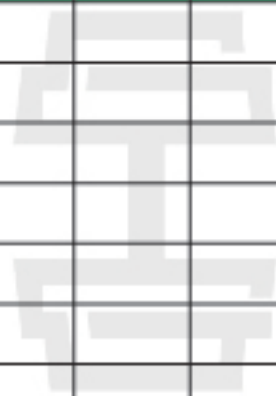
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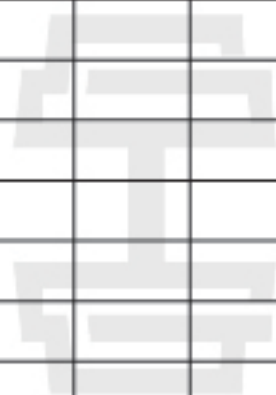
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