

5-Week Workout Progression Tracker

Planned vs Actual

Block dates:

From _____

To _____

Exercise / Activity	Week 1		Week 2		Week 3		Week 4		Week 5	
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____



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