# WEEKLY WORKOUT TRACKER

**Week of:** _____ **Month:** _____

| | Date | Goal | Cardio | Strength | Flexibility | Notes |
|---|---|---|---|---|---|---|
| Mon | | | | | | |
| Tue | | | | | | |
| Wed | | | | | | |
| Thu | | | | | | |
| Fri | | | | | | |
| Sat | | | | | | |
| Sun | | | | | | |

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