WORKOUT TRACKER

Week of: _____

MON
Exercises

H2O ○○○○○○○

TUE
Exercises

H2O ○○○○○○○

WED
Exercises

H2O ○○○○○○○

THU
Exercises

H2O ○○○○○○○

FRI
Exercises

H2O ○○○○○○○○

SAT
Exercises

H2O ○○○○○○○○

SUN
Exercises

H2O ○○○○○○○○

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