

WORKOUT TRACKER

Planned vs Actual



DATE: _____

EXERCISE	NOTES	PLANNED		ACTUAL		COMPLETE WORKOUT?
		REPS	WEIGHT	REPS	WEIGHT	
						☐ YES ☐ NO
						☐ YES ☐ NO
						☐ YES ☐ NO
						☐ YES ☐ NO
						☐ YES ☐ NO
						☐ YES ☐ NO
						☐ YES ☐ NO
						☐ YES ☐ NO
						☐ YES ☐ NO



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