WORKOUT TRACKER

WEEK OF: _____

MON	Workout: _____ _____	DONE ☐
TUE	Workout: _____ _____	DONE ☐
WED	Workout: _____ _____	DONE ☐
THU	Workout: _____ _____	DONE ☐
FRI	Workout: _____ _____	DONE ☐
SAT	Workout: _____ _____	DONE ☐
SUN	Workout: _____ _____	DONE ☐



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