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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