	E I T			
	Get FIT Goals		Workout Tracker	
Tuesday Monday	GCC T GOURS	Week 1: Monday Tuesday Wednesday Thursday Friday Saturday Sunday	Week 2: Monday Tuesday Wednesday Thursday Friday Saturday Sunday	Week 3: Monday Tuesday Wednesday Thursday Friday Saturday Sunday
Tue		Week 4:	Week 5 : ☐ Monday	Week 6:
Wednesday		☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday	☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday	☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday
Thursday		Sunday Week 7: Monday	□ Sunday □ Sunday Week 8: □ Monday	□ Sunday □ Sunday Week 9: □ Monday
Friday		☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday	☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday	☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday
Saturday		Week 10: Monday Tuesday	Week 11 : Monday Tuesday	Week 12: Monday Tuesday
Sunday		 Wednesday Thursday Friday Saturday Sunday	☐ Wednesday☐ Thursday☐ Friday☐ Saturday☐ Sunday	☐ Wednesday☐ Thursday☐ Friday☐ Saturday☐ Sunday