

# WORKOUT CHECKLIST

Week of:

**Monday**

Exercise

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Tuesday**

Exercise

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Wednesday**

Exercise

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Thursday**

Exercise

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Friday**

Exercise

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Saturday**

Exercise

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Sunday**

Exercise

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**Notes**

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