|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FITNESS GOALS | | | | | | | | | | | |  | GOALS | |
| START |  |  |  |  |  |  |  |  |  |  |  |  |  | |
|  | 1 |  | 2 |  | 3 |  | 4 |  | 5 |  |  |  | |
|  |  |  |  |  |  |  |  |  |  |  |  |  | |
|  |  | 6 |  | 7 |  | 8 |  | 9 |  | 10 |  |  |  | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
|  |  | 11 |  | 12 |  | 13 |  | 14 |  | 15 |  |  |  | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
|  |  | 16 |  | 17 |  | 18 |  | 19 |  | 20 |  |  | MONTHLY WORKOUT TRACKER FOR JANUARY | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 21 |  | 22 |  | 23 |  | 24 |  | 25 |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 26 |  | 27 |  | 28 |  | 29 |  | 30 |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 31 |  | 32 |  | 33 |  | 34 |  | 35 |  |  |  | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
|  |  | 36 |  | 37 |  | 38 |  | 39 |  | 40 |  |  |  | CRUNCH |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
|  |  | 41 |  | 42 |  | 43 |  | 44 |  | 45 |  |  |  | LEG RAISE |
| GOAL |  |  |  |  |  |  |  |  |  |  |  |  |  | |
|  | 46 |  | 47 |  | 48 |  | 49 |  | 50 |  |  |  | PLANK |
|  |  |  |  |  |  |  |  |  |  |  |  | RESULTS | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WORKOUT MOTIVATION | | |  | BODY PROGRESS | |
| BEFORE |  | AFTER. |  | WAIST | ARMS |
|  |  |  |  | W1 | W1 |
|  |  |  |  | W2 | W2 |
|  |  |  |  | W3 | W3 |
|  |  |  |  |  |  |
|  |  |  |  | THIGHS | HIPS |
|  |  |  |  |  |  |
| SONGS |  | QUOTES |  | W1 | W1 |
|  | | |  | W2 | W2 |
|  | W3 | W3 |
|  |  |  |
|  | ACTUAL WEIGHT | |
|  | W1 | |
|  | W2 | |
|  | W3 | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| WORKOUT ROUTINE | |  | 30 DAY ABS CHALLENGE | |
| STARTED AT | | START DATE | |
|  | |  | |
| MONDAY |  | CRUNCHLEG RAISEPLANK |  |
|  |  |
| TUESDAY |  |
|  |  |
| WEDNESDAY |  |
|  |  |
| THURSDAY |  |
|  |  |
| FRIDAY |  | KEY COLOR | |
| NOTES | |  | |