



Weekly Fitness Tracker

NAME: WEEK DETAILS:

	EAT ON SCHEDULE	3 LITER WATER	WALKING OR CYCLING	RISE & SHINE	8 HOURS SLEEP
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Rise and Shine

- 50 Jumping Jacks
- 25 Squats
- 20 Lunges
- 35 Seconds Plank

Weight

KG

Height

CM

Overall Mood: 😊 😞 🛌 😊 😍 😄

PUSH HARDER THAN YESTERDAY IF YOU WANT
A DIFFERENT TOMORROW