



Fitness Journal Planner

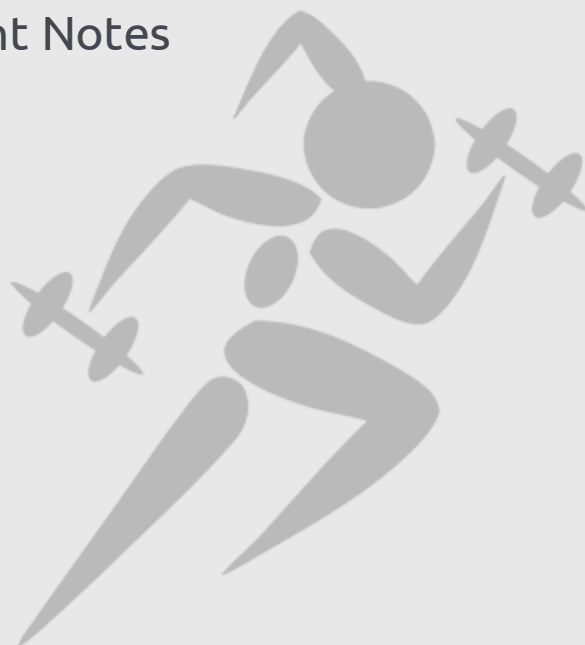
THIS PLANNER BELONGS TO: _____

DATE: _____

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Workout Journal Planner

The Month Goals	Source of Motivation

Last Month Weight And Measurement Results					Last Month Personal Record		
	Starting	Target	Final	Difference	Exercise	Result	Target
Weight							
BMI							
Chest							
Waist							
Arm							
Hips							
Thighs							

REMINDERS	Notes

Training Tracker

Weight Training Tracker

Date	Activity	Duration	Sets	Reps	Weight Lifted	Calories Burned

Measurement Tracker

Date	Activity	Duration	Sets	Reps	Weight Lifted	Calories Burned

Workout Tracker

Cardio Workout Tracker

Date	Activity	Machine Used	Distance	Duration	Intensity

Cardio Workout Tracker

MONTH OF

Activity	Week 1	Week 2	Week 3	Week 4	Week 5	End of the Month
MAX REPS						
BODY WORKOUT						
WEIGHT TRAINING						
MAX SETS						
BODY WORKOUT						
WEIGHT TRAINING						
MAX WEIGHT LIFTED						
MAX DISTANCE RUN						
MAX DURATION RUN						

Vitamins & Supplements

	DAY	ITEM	DOSE	TIME
PLAN 1				

	DAY	ITEM	DOSE	TIME
PLAN 2				

	DAY	ITEM	DOSE	TIME
PLAN 3				

Running & Walking Log

DATE	TIME & DISTANCE	WALKING SPEED	RUNNING SPEED	NOTES

Weight Loss

DATE	WEIGHT

DATE	WEIGHT

Thank
you

