Workout Chart

WEEK OF: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EASY WARM-UP ROUTINE	EASY WARM-UP ROUTINE	EASY WARM-UP ROUTINE	EASY WARM-UP ROUTINE	EASY WARM-UP ROUTINE	EASY WARM-UP ROUTINE	EASY WARM-UP ROUTINE
WORKOUT I DID	WORKOUT I DID	WORKOUT I DID	WORKOUT I DID	WORKOUT I DID	WORKOUT I DID	WORKOUT I DID
HOW I FELT TODAY	HOW I FELT TODAY	HOW I FELT TODAY	HOW I FELT TODAY	HOW I FELT TODAY	HOW I FELT TODAY	HOW I FELT TODAY
WATER	WATER	WATER	WATER	WATER	WATER	WATER
1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
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