

Daily Fitness Tracker

Date:	Total Workout Time:
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Muscle Group:

#	Exercise		Set 1	Set 2	Set 3	Set 4
		Wt				
		Rep				
		Wt				
		Rep				
		Wt				
		Rep				
		Wt				
		Rep				
		Wt				
		Rep				
		Wt				
		Rep				
		Wt				
		Rep				

Type Cardio	Time	Intensity	Distance	Target HR	Actual HR