

Fitness Goal Tracker

Meal Planner

Day (circle): MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Daily Nutrition

Breakfast : _____
 Lunch : _____
 Dinner : _____
 Snacks : _____

Goal of the day:

○ _____
 ○ _____
 ○ _____
 ○ _____

Cardio	Time	Sets	Reps	Notes

EXERCISE	Set 1	Set 2
	<i>Weight</i>	<i>Weight</i>
	<i>Reps</i>	<i>Reps</i>
	<i>Weight</i>	<i>Weight</i>
	<i>Reps</i>	<i>Reps</i>
	<i>Weight</i>	<i>Weight</i>
	<i>Reps</i>	<i>Reps</i>