

GYM WORKOUT TRACKER

Day/Date	Activity	Time	Sets	Reps	Cal. Burn
<i>Sunday</i> _____					
<i>Monday</i> _____					
<i>Tuesday</i> _____					
<i>Wednesday</i> _____					
<i>Thursday</i> _____					
<i>Friday</i> _____					
<i>Saturday</i> _____					