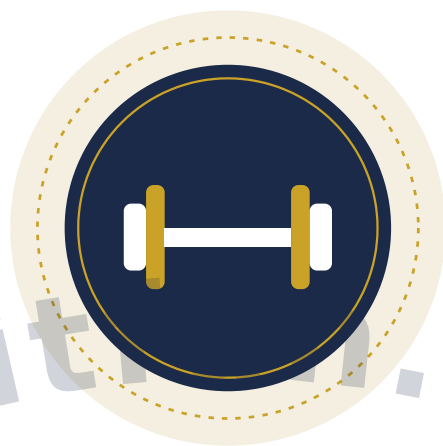




Workout & Gym Planner

— ◆ —
Show up, log it, get stronger

Name _____

Year _____

auditfun.com



My Fitness Goals

Start weight _____

Target _____

● My goals

Lined area for writing goals.

● Why it matters to me

Lined area for writing why goals matter.

● My weekly routine

Lined area for writing weekly routine.

Weekly Workout Schedule

Day	Focus	Time	Duration	Done
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				