



Fitness Journal Planner

THIS PLANNER BELONGS TO: _____

DATE: _____

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Workout Journal Planner

The Month Goals	Source of Motivation

Last Month Weight And Measurement Results					Last Month Personal Record		
	Starting	Target	Final	Difference	Exercise	Result	Target
Weight							
BMI							
Chest							
Waist							
Arm							
Hips							
Thighs							

REMINDERS	Notes

Workout Journal Planner

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Waist							
Arm							
Hips							
Thighs							

REMINDERS	Notes

Training Tracker

Weight Training Tracker

Date	Activity	Duration	Sets	Reps	Weight Lifted	Calories Burned

Measurement Tracker

Date	Activity	Duration	Sets	Reps	Weight Lifted	Calories Burned

Training Tracker

Weight Training Tracker

Date	Activity	Duration	Sets	Reps	Weight Lifted	Calories Burned

Measurement Tracker

Date	Activity	Duration	Sets	Reps	Weight Lifted	Calories Burned