

Cut along dotted lines.

WEEK OF

GOOD THINGS THAT HAPPENED

WORDS OF MOTIVATION

THIS WEEK'S FOCUS/GOAL

TODAY'S DATE	TIME START	TIME END	TODAY'S FOCUS	MUSCLE GROUP			CARDIO			TIME				
EXERCISE			SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS

TODAY'S DATE	TIME START	TIME END	TODAY'S FOCUS	MUSCLE GROUP			CARDIO			TIME				
EXERCISE			SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS

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EXERCISE			SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS

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EXERCISE			SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS

TODAY'S DATE	TIME START	TIME END	TODAY'S FOCUS	MUSCLE GROUP			CARDIO			TIME				
EXERCISE			SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS	SET #	WEIGHT	REPS

