

MONTHLY GOAL

MONTH _____

This month I commit to _____ workouts

I expect the following things to get in my way:

My plan to overcome those obstacles:

HOT & HEALTHY LIFE'S

WORKOUT TRACKER

Week 1

Week 2

Week 3

Week 4

M

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W

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	Week 1	Week 2	Week 3	Week 4
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W				
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