

6 DAY WORKOUT TRACKER

Date: _____ Week: _____ Focus / Goal: _____

1

Date: _____ Workout Type: _____

EXERCISE NAME	SET 1	SET 2	SET 3	TIME	NOTES

How did it go? _____

Wins / Notes: _____

2

Date: _____ Workout Type: _____

EXERCISE NAME	SET 1	SET 2	SET 3	TIME	NOTES

How did it go? _____

Wins / Notes: _____

3

Date: _____ Workout Type: _____

EXERCISE NAME	SET 1	SET 2	SET 3	TIME	NOTES

How did it go? _____

Wins / Notes: _____

4

Date: _____ Workout Type: _____

EXERCISE NAME	SET 1	SET 2	SET 3	TIME	NOTES

How did it go? _____

Wins / Notes: _____

5

Date: _____ Workout Type: _____

EXERCISE NAME	SET 1	SET 2	SET 3	TIME	NOTES

How did it go? _____

Wins / Notes: _____

6

Date: _____ Workout Type: _____

EXERCISE NAME	SET 1	SET 2	SET 3	TIME	NOTES

How did it go? _____

Wins / Notes: _____

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♥ PROGRESS, NOT PERFECTION. *Keep showing up for you!* ♥