

# Weekly Workout Planner

## WORKOUT

Week of: .....

Date	Activity	Time	Dist.	Sets	Reps.	Weight
Sunday	.....	.....	.....	.....	.....	.....
	.....	.....	.....	.....	.....	.....
Monday	.....	.....	.....	.....	.....	.....
	.....	.....	.....	.....	.....	.....
Tuesday	.....	.....	.....	.....	.....	.....
	.....	.....	.....	.....	.....	.....
Wednesday	.....	.....	.....	.....	.....	.....
	.....	.....	.....	.....	.....	.....
Thursday	.....	.....	.....	.....	.....	.....
	.....	.....	.....	.....	.....	.....
day	.....	.....	.....	.....	.....	.....
	.....	.....	.....	.....	.....	.....

# Exercise Journal Weekly Workout Diary

**Gina's Attic Books**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the 'Gina's Attic Books' text.

## **Exercise Journal Weekly Workout Diary:**

*My Weekly Workout Planner Journal: Wellness Weekly Tracker Planner for Daily Food, Exercise and Weight Loss* Gina's Attic Publications, 2019-02-08 Want an easy to use gym log book fitness workouts and weight loss tracker all in one or a gift for a friend planning to lose weight This undated 90 day blank fitness journal is the perfect diary for planning and preparing your own weekly food intake and meal plans and for recording your progress of Breakfast Lunch Dinner Snacks Total Calories Water Consumption This book also includes pages to record the measurements of Chest Waist Hip Thigh Weight And more

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Total Calories Water Consumption This book also includes pages to record the measurements of Chest Waist Hip Thigh Weight And more WorkOut Journal Wick Wick Jr,2017-01-23 Workout Journals are a much needed tool for tracking your exercise routine combined with a food journal there is room for you to record five diary per page Use this Workout Log spreadsheet to track your weekly fitness and strength training progress including your weight hours of sleep and daily calorie intake List all the exercises you do each week and then print and take the workout log with you to the gym each day 1 Date 2 Weight 3 Sleep hrs 4 Notes Summary Table of exercise has 1 1Rm one Rep Max For reference 2 Sets Counts 3 REPS A Rep is the number of times you do it On the left side of each page is a separate journal page for you to record the food you ate for the day with a section for tracking calories and also a section for you to summarize your day this is the only workout journal that you will need Keep it in your gym bag and fill it in when you re there so you can track your progress on a daily basis One Rep Max The workout log has a place to record your 1RM One Rep Max This is mainly for reference because many weight training programs have you do a certain number of sets reps at a weight that is a percentage of your 1RM To calculate your One Rep Max **Fitness Planner Book - Sunday Start (Purple)** Go Into Greatness,2019-06-28 Fitness Planner Book Sunday Start undated Color Design Cover Purple Take your Fitness Goals to the Next Level Fitness Planner Book is an easier way to plan track and achieve your fitness and health goals 10X YOUR FITNESS WELLNESS PLAN Want to get fit faster With this 90 Day fitness planner you can plan your daily workouts keep track of your diet with weekly meal plans build better habits with our monthly habit tracker and increase your progress with our monthly reviews and measurements GET FIT HEALTHY Your daily workout log helps you stay committed to your fitness plan Get in better shape by planning out your exercises reps weight sets time spent and notes You can choose your focus which includes chest arms back shoulders legs glutes abs and cardio With our fitness planner book you can finally be more efficient and organized with your time and workouts TRACK REWARD YOUR PROGRESS Studies show that those who log and track their progress are more likely to reach and surpass their goals Not only is it a perfect reminder to keep you accountable and motivated but it also helps you figure out what is working and what is not With our easy to use fitness planner you ll know exactly what changes need to be made to succeed in your fitness journey ACHIEVE YOUR FITNESS GOALS Our goal setting page includes a start end date current and goal measurements reward and before after pages to see your progress You ll be able to record measurements such as your weight body fat % arms chest waist hips thighs calves and more BUILD HEALTHY HABITS FAST Stay accountable to yourself on a daily basis with our monthly habit tracker Keep track of everything like your water intake vitamins sleep diet and more Not only will it be easier to identify both your good and bad habits but you ll be able to make the necessary changes to improve each and every day EASILY ACCESSIBLE CONVENIENT COMPACT 6 x 9 Fits easily in your suitcase gym bag purse and backpack when you re on the go WHAT S INSIDE 90 Day Countdown Goal Setting Before After Pages Routine Workouts Shopping List Monthly Calendar with Two Page Spread Habit Tracker Weekly Meal Plan Daily

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