



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WEEKLY FITNESS TRACKER

## Monday

Exercise / Activity	Sets	Reps	Weight	Time	Intensity	Calories Burned	Distance

## Tuesday

Exercise / Activity	Sets	Reps	Weight	Time	Intensity	Calories Burned	Distance

## Wednesday

Exercise / Activity	Sets	Reps	Weight	Time	Intensity	Calories Burned	Distance

## Thursday

Exercise / Activity	Sets	Reps	Weight	Time	Intensity	Calories Burned	Distance

## Friday

Exercise / Activity	Sets	Reps	Weight	Time	Intensity	Calories Burned	Distance

## Saturday

Exercise / Activity	Sets	Reps	Weight	Time	Intensity	Calories Burned	Distance

## Sunday

Exercise / Activity	Sets	Reps	Weight	Time	Intensity	Calories Burned	Distance