



DAY 1	DATE:				
	TIME:		AM / PM		
LENGTH OF WORKOUT:		WEIGHT:		BODY FAT %	:

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



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DATE:		_
TIME:	AM/PM	

ENGTH OF WORKOUT:	WEIGHT:	BODY FAT %:	
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Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DATE:		-
TIME:	AM / PM	

LENGTH OF WORKOUT: _____ WEIGHT: _____ BODY FAT %: ____

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY	4
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DATE:			
TIME:	 AM / PM		

LENGTH OF WORKOUT:	WEIGHT:	BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY	5
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DATE:		
TIME:	 AM / PM	

LENGTH OF WORKOUT:	WEIGHT:	BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY	6
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DATE:		
TIME:	AM / PM	

LENGTH OF WORKOUT:	WEIGHT:	BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?





DATE: _			
TIME:	 AM / PM		

LENGTH OF WORKOUT:	WEIGHT:	BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



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DAY	8
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DAY 8	DATE:				
DAIO	TIME:		AM / PM		
LENGTH OF WORKOUT:		WEIGHT:		BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY	9
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DATE:	

TIME: _____ AM / PM

LENGTH OF WORKOUT: _____ WEIGHT: _____ BODY FAT %: _____

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY 10	DATE: _				
DATIC	TIME: _		AM/PM		
_ENGTH OF WORKOU	JT:	WEIGHT:		BODY FAT %	:

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



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X49	Fitness Tracker	

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DATE:	

TIME: _____ AM / PM

LENGTH OF WORKOUT: _____ WEIGHT: _____ BODY FAT %: ____

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAV 12	DATE:			
DAY 12	TIME:	AM / PM		
LENGTH OF WORKOUT:	WEIGHT:		BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY	13	DATE: _				
		TIME: _		AM / PM		
ENGTH OF W			\\/EIGHT		PODVEAT %	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY 1	DATE: _				
DAI 12	TIME: _		AM / PM		
ENGTH OF WORKO	UT·	WFIGHT:		BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY 15	DATE: _	ATE:			
DAT 13	TIME: _		AM / PM		
_ENGTH OF WORKOU	T:	WEIGHT:		BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY 16	DATE:				
DAY 16	TIME:		AM / PM		
LENGTH OF WORKOUT:		WEIGHT:_		BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY '	17	DATE:			
DAI		TIME:	AM / PM		
LENGTH OF WOI	RKOUT:	WEIGHT:		BODY FAT %	5:

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY 18	DATE: _				
	TIME: _		AM / PM		
LENGTH OF WORKOUT:		WEIGHT:		BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY 19	DATE:	DATE:		
	TIME:	AM / PM		
LENGTH OF WORKOUT	WEIG	HT: B	ODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY	20	DATE:		AM / PM		
LENGTH OF WO	ORKOUT:		WEIGHT:		BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



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18

TIME: _____ AM / PM

LENGTH OF WORKOUT: _____ WEIGHT: _____ BODY FAT %: _____

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY	22	DATE:		AM / PM		
_ENGTH OF WO	ORKOUT:		WEIGHT:		BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY 2	23	DATE:		AM / PM		
LENGTH OF WOR	KOUT:		WEIGHT:		BODY FAT 9	6:

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY	24	DATE:				
DAI	4	TIME:		AM/PM		
ENGTH OF WO	DRKOUT:		WEIGHT:		BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY 2	5	DATE:		AM / PM		
_ENGTH OF WORK	DUT:		WEIGHT:		BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY	26	DATE:		AM / PM		
ENGTH OF WO	RKOUT:		WEIGHT:		BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY :	27	DATE: _		AM / PM		
LENGTH OF WOI	RKOUT:		WEIGHT:		BODY FAT %	ó:

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY 28		DATE: _				
DAI	20	TIME: _		AM/PM		
_ENGTH OF W	ORKOUT:		WEIGHT:		BODY FAT 9	6:

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY	29	DATE:		AM / PM		
LENGTH OF W	ORKOUT:		WEIGHT:		BODY FAT %:	

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?



DAY 30	DATE:		AM / PM		
_ENGTH OF WORKOUT:		WEIGHT:		BODY FAT 9	%:

Strength Training	Set #1	Set #2	Set #3	Set #4
Sit Ups				
Push Ups				
Knee Lifts				
Squats				
Lunges				

Cardio	Time Elapsed	Top Speed	Calories Burned	Distance
Cardio - Bike				
Cardio - Treadmill				
Cardio - Outdoor Walk				

X49 NOTES:

What is your fitness goal today?

What can I improve upon tomorrow?

How did you feel pre- and post-workout?