



# Fitness Tracker

## 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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 2

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 3

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 4

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 5

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 6

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 7

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 8

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?

What did you notice today that you didn't notice yesterday wearing X49?





# Fitness Tracker

## DAY 9

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 10

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 11

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 12

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 13

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 14

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 15

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 16

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?

What did you notice today that you didn't notice yesterday wearing X49?





# Fitness Tracker

## DAY 17

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## 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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 19

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 20

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 21

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 22

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 23

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 24

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?

What did you notice today that you didn't notice yesterday wearing X49?



# DAY 25

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 26

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 27

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 28

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 29

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?

What did you notice today that you didn't notice yesterday wearing X49?



# Fitness Tracker

## DAY 30

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?

What did you notice today that you didn't notice yesterday wearing X49?