get **fit** goals

٩	workout tracker		
monday	week 1: monday tuesday	week 2: □ monday □ tuesday	week 3: □ monday □ tuesday
tuesday	 wednesday thursday friday saturday sunday 	 wednesday thursday friday saturday sunday 	 wednesday thursday friday saturday sunday
wednesday	week 4: monday tuesday wednesday thursday friday saturday sunday week 7:	week 5: monday tuesday wednesday thursday friday saturday sunday week 8:	week 6: monday tuesday wednesday hursday friday saturday sunday week 9:
thursday			
friday	 monday tuesday wednesday thursday friday saturday 	 monday tuesday wednesday thursday friday saturday 	 monday tuesday wednesday thursday friday saturday
saturday	 sunday week 10: monday tuesday wednesday 	 sunday week 11: monday tuesday wednesday 	□ sunday week 12: □ monday □ tuesday □ wednesday
sunday	 thursday thursday friday saturday sunday 	 thursday friday saturday sunday 	 thursday thursday friday saturday sunday