

get **fit** goals

monday	
tuesday	
wednesday	
thursday	
friday	
saturday	
sunday	

workout tracker

week 1: <input type="checkbox"/> monday <input type="checkbox"/> tuesday <input type="checkbox"/> wednesday <input type="checkbox"/> thursday <input type="checkbox"/> friday <input type="checkbox"/> saturday <input type="checkbox"/> sunday	week 2: <input type="checkbox"/> monday <input type="checkbox"/> tuesday <input type="checkbox"/> wednesday <input type="checkbox"/> thursday <input type="checkbox"/> friday <input type="checkbox"/> saturday <input type="checkbox"/> sunday	week 3: <input type="checkbox"/> monday <input type="checkbox"/> tuesday <input type="checkbox"/> wednesday <input type="checkbox"/> thursday <input type="checkbox"/> friday <input type="checkbox"/> saturday <input type="checkbox"/> sunday
week 4: <input type="checkbox"/> monday <input type="checkbox"/> tuesday <input type="checkbox"/> wednesday <input type="checkbox"/> thursday <input type="checkbox"/> friday <input type="checkbox"/> saturday <input type="checkbox"/> sunday	week 5: <input type="checkbox"/> monday <input type="checkbox"/> tuesday <input type="checkbox"/> wednesday <input type="checkbox"/> thursday <input type="checkbox"/> friday <input type="checkbox"/> saturday <input type="checkbox"/> sunday	week 6: <input type="checkbox"/> monday <input type="checkbox"/> tuesday <input type="checkbox"/> wednesday <input type="checkbox"/> thursday <input type="checkbox"/> friday <input type="checkbox"/> saturday <input type="checkbox"/> sunday
week 7: <input type="checkbox"/> monday <input type="checkbox"/> tuesday <input type="checkbox"/> wednesday <input type="checkbox"/> thursday <input type="checkbox"/> friday <input type="checkbox"/> saturday <input type="checkbox"/> sunday	week 8: <input type="checkbox"/> monday <input type="checkbox"/> tuesday <input type="checkbox"/> wednesday <input type="checkbox"/> thursday <input type="checkbox"/> friday <input type="checkbox"/> saturday <input type="checkbox"/> sunday	week 9: <input type="checkbox"/> monday <input type="checkbox"/> tuesday <input type="checkbox"/> wednesday <input type="checkbox"/> thursday <input type="checkbox"/> friday <input type="checkbox"/> saturday <input type="checkbox"/> sunday
week 10: <input type="checkbox"/> monday <input type="checkbox"/> tuesday <input type="checkbox"/> wednesday <input type="checkbox"/> thursday <input type="checkbox"/> friday <input type="checkbox"/> saturday <input type="checkbox"/> sunday	week 11: <input type="checkbox"/> monday <input type="checkbox"/> tuesday <input type="checkbox"/> wednesday <input type="checkbox"/> thursday <input type="checkbox"/> friday <input type="checkbox"/> saturday <input type="checkbox"/> sunday	week 12: <input type="checkbox"/> monday <input type="checkbox"/> tuesday <input type="checkbox"/> wednesday <input type="checkbox"/> thursday <input type="checkbox"/> friday <input type="checkbox"/> saturday <input type="checkbox"/> sunday