

Date: _____

Daily Fitness Planner

M T W T F S S

☰ Daily Goals

📅 Workout Plan

#	Exercise Type	Steps	Time	Rating
1				☆☆☆☆
2				☆☆☆☆
3				☆☆☆☆
4				☆☆☆☆
5				☆☆☆☆
6				☆☆☆☆
7				☆☆☆☆
8				☆☆☆☆
9				☆☆☆☆

↔ Exercise

Total Minutes _____ Total Steps _____

✍ Notes

Daily Fitness Log

JG Myers



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