

Fitness Logbook

30-Day Workout Tracker



Day	Date	Workout Type	Exercise / Activity	Duration	Sets / Reps or Dist	Energy Level	Notes / Improvem
Day 1		☐ Strength ☐ Cardio ☐ Flexibility				😄 😐 😞	
Day 2		☐ Strength ☐ Cardio ☐ Flexibility				😄 😐 😞	
Day 3		☐ Strength ☐ Cardio ☐ Flexibility				😄 😐 😞	
Day 4		☐ Strength ☐ Cardio ☐ Flexibility				😄 😐 😞	
Day 5		☐ Strength ☐ Cardio ☐ Flexibility				😄 😐 😞	
Day 6		☐ Strength ☐ Cardio ☐ Flexibility				😄 😐 😞	
Day 7		☐ Strength ☐ Cardio ☐ Flexibility				😄 😐 😞	
Day 8		☐ Strength ☐ Cardio ☐ Flexibility				😄 😐 😞	
Day 9		☐ Strength ☐ Cardio ☐ Flexibility				😄 😐 😞	
Day 10		☐ Strength ☐ Cardio ☐ Flexibility				😄 😐 😞	

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🚩 Monthly Reflection:

- **Best improvement this month:**

- **Favorite workout:**

- **Muscle group needing more focus:**

- **Cardio stamina:** ☐ Improved ☐ Same ☐
Needs work
- **Overall rating of the month:** ☐ Excellent
☐ Good ☐ Average ☐ Poor
- **Goal for next month:**
