

Monthly Fitness Tracking Sheet



Name:

Month:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	End of week
<input type="checkbox"/> <input type="radio"/> Cardio <input type="radio"/> Exercise <input type="radio"/> Nutrition <input type="radio"/> Motivation	<input type="checkbox"/> <input type="radio"/> Cardio <input type="radio"/> Exercise <input type="radio"/> Nutrition <input type="radio"/> Motivation	<input type="checkbox"/> <input type="radio"/> Cardio <input type="radio"/> Exercise <input type="radio"/> Nutrition <input type="radio"/> Motivation	<input type="checkbox"/> <input type="radio"/> Cardio <input type="radio"/> Exercise <input type="radio"/> Nutrition <input type="radio"/> Motivation	<input type="checkbox"/> <input type="radio"/> Cardio <input type="radio"/> Exercise <input type="radio"/> Nutrition <input type="radio"/> Motivation	<input type="checkbox"/> <input type="radio"/> Cardio <input type="radio"/> Exercise <input type="radio"/> Nutrition <input type="radio"/> Motivation	<input type="checkbox"/> <input type="radio"/> Cardio <input type="radio"/> Exercise <input type="radio"/> Nutrition <input type="radio"/> Motivation	Weight: Cardio Score: Exercise Score: Nutrition Score: Motivation Score:
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Monthly Fitness Tracking Sheet

Cardio:

Write a checkmark in the Cardio Circle for every cardiovascular session performed.

Exercises:

Write a checkmark in the Exercise Circle of every resistance training session completed.

Nutrition:

Write a checkmark in the Nutrition Circle for every day you avoid sweets and junkfood.

Motivation:

Write a checkmark in the Motivation Circle for every assigned motivation challenge you complete.

To get the results you desire, your monthly goal is to achieve:

- ___ Cardio checkmarks per week
- ___ Exercise checkmarks per week
- ___ Nutrition checkmarks per week
- ___ Motivation checkmarks per week

Take a percentage of the challenges completed in each category and grade yourself accordingly. For example, a score of 12/14 for Cardio would be 85%, which is a B.

Energy Flow Grade Point System:

A+ = 98-100%	B+ = 88-89%	C+ = 78-79%	D+ = 68-69%	F = below 60%
A = 93-97%	B = 83-87%	C = 73-77%	D = 63-67%	
A- = 90-92%	B- = 80-82%	C- = 70-72%	D- = 60-62%	