



Elite Fitness Tracker

NAME: _____

START DATE: ___/___/20___

GOALS: _____

3 REASONS WHY:

BASELINE WORKOUT: 500m Row, 40 Squats, 30 Sit-ups, 20 Push-ups, 10 Pull-ups

DATE: ___/___/20___ TIME: ___:___ SCALED: ___ NOTES: _____

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