

# Daily Fitness Chart

## DAILY WORKOUT CHART

GOALS: \_\_\_\_\_  
\_\_\_\_\_

### WARM UP

ACTIVITY	SETS	REPS	TIME	NOTES

### CARDIO

ACTIVITY	SETS	REPS	TIME	NOTES

### UPPER BODY STRENGTH TRAINING

ACTIVITY	SETS	REPS	WEIGHT	NOTES

### LOWER BODY STRENGTH TRAINING

ACTIVITY	SETS	REPS	WEIGHT	NOTES

### COOL DOWN

ACTIVITY	SETS	REPS	TIME	NOTES