

7-Day Gym Workout Tracker

Day 1: Chest & Triceps

Exercises:

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Notes:

Progress Rating (1-10): _____

Day 2: Back & Biceps

Exercises:

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Notes:

Progress Rating (1-10): _____

Day 3: Leg Day

Exercises:

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Notes:

Progress Rating (1-10): _____

Day 4: Active Recovery / Core & Mobility

Exercises:

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Notes:

Progress Rating (1-10): _____

Day 5: Shoulders & Abs

Exercises:

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Notes:

Progress Rating (1-10): _____

Day 6: Full Body Functional Training

Exercises:

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Notes:

Progress Rating (1-10): _____

Day 7: Rest or Light Cardio

Exercises:

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7-Day Gym Workout Tracker

Notes:

Progress Rating (1-10): _____

Weekly Reflection

Wins This Week:

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Challenges Faced:

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Next Week Goals:

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