

Weekly Digital Fitness Tracker

This week's fitness goals...		How did your week go?	
[Edit Me: Start the week off writing about the goals you hope to achieve throughout the week.]		[Edit Me: End the week noting how you did achieving this week's goals.]	
Mon [Insert Date]	Exercise Description [Edit Me: Plan your workouts ahead of time.]	Complete? [Edit Me] <input type="checkbox"/> Yes <input type="checkbox"/> No	How do you feel after? [Edit Me: Note how you feel after the workout.]
Tue [Insert Date]	Exercise Description [Edit Me: Plan your workouts ahead of time.]	Complete? [Edit Me] <input type="checkbox"/> Yes <input type="checkbox"/> No	How do you feel after? [Edit Me: Note how you feel after the workout.]
Wed [Insert Date]	Exercise Description [Edit Me: Plan your workouts ahead of time.]	Complete? [Edit Me] <input type="checkbox"/> Yes <input type="checkbox"/> No	How do you feel after? [Edit Me: Note how you feel after the workout.]
Thu [Insert Date]	Exercise Description [Edit Me: Plan your workouts ahead of time.]	Complete? [Edit Me] <input type="checkbox"/> Yes <input type="checkbox"/> No	How do you feel after? [Edit Me: Note how you feel after the workout.]
Fri [Insert Date]	Exercise Description [Edit Me: Plan your workouts ahead of time.]	Complete? [Edit Me] <input type="checkbox"/> Yes <input type="checkbox"/> No	How do you feel after? [Edit Me: Note how you feel after the workout.]
Sat [Insert Date]	Exercise Description [Edit Me] <i>Nitro Pro Tip: Don't forget to give yourself a rest day!</i>	Complete? [Edit Me] <input type="checkbox"/> Yes <input type="checkbox"/> No	How do you feel after? [Edit Me: Note how you feel after the workout.]
Sun [Insert Date]	Exercise Description [Edit Me: Plan your workouts ahead of time.]	Complete? [Edit Me] <input type="checkbox"/> Yes <input type="checkbox"/> No	How do you feel after? [Edit Me: Note how you feel after the workout.]

Nitro Pro Tip: Remember you can drag, drop, and remove sections based on your weekly workout schedule