

# Personal Fitness

Name \_\_\_\_\_

Weight goal \_\_\_\_\_

Date Started \_\_\_\_\_

## 12 Weeks Physical Fitness Tracker



**PureHealth**  
MEDICINE  
MAXIMIZE YOUR HEALTH FROM ANYWHERE

|   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|--------|----------|--------|
| 1 |        |         |           |          |        |          |        |
| 2 |        |         |           |          |        |          |        |
| 3 |        |         |           |          |        |          |        |
| 4 |        |         |           |          |        |          |        |
| 5 |        |         |           |          |        |          |        |
| 6 |        |         |           |          |        |          |        |
| 7 |        |         |           |          |        |          |        |
| 8 |        |         |           |          |        |          |        |

|    |  |  |  |  |  |  |  |
|----|--|--|--|--|--|--|--|
| 9  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |
| 11 |  |  |  |  |  |  |  |
| 12 |  |  |  |  |  |  |  |