My Workout Tracker

Small wins add up

Write down each practice: the date, what you did, the weight you used (or "body weight"), tick if you did your balance, and circle your energy from 1 to 5.

Date	What I did	Weight used	Balance	Energy
			☐	1 2 3 4 5
			☐	1 2 3 4 5
			☐	1 2 3 4 5
			☐	1 2 3 4 5
			☐	1 2 3 4 5
			☐	1 2 3 4 5
			☐	1 2 3 4 5
			☐	1 2 3 4 5
			☐	1 2 3 4 5
			☐	1 2 3 4 5
			☐	1 2 3 4 5
			☐	1 2 3 4 5
			☐	1 2 3 4 5

My Progress Tracker

Notice your consistency, strength and confidence over time

At the end of each week, look back at your workout tracker and fill in one line.

	Sessions	Heaviest weight	Balance days	Energy	Notes
Week 1				1 2 3 4 5	
Week 2				1 2 3 4 5	
Week 3				1 2 3 4 5	
Week 4				1 2 3 4 5	
Week 5				1 2 3 4 5	

Track progress. Stay consistent. Celebrate wins.