

# B Kinetic Fitness Workout Tracker

<b>Name:</b>	_____
<b>Goals:</b>	_____

Core	Exercise	Reps	Sets	Notes

Strength	Date:		Date:		Date:		Date:	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Cardio	Modality	Intensity	Duration	Frequency	Notes

<b>Notes:</b>
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