

Exercise Tracker Bullet Journal

1. Monthly Overview

Month: _____

Fitness Goals:

Goal 1: _____

Goal 2: _____

Goal 3: _____

Motivational Quote:

" _____ "

2. Weekly Log

Week of: _____

Day	Workout Type	Duration	Reps/Sets	Notes/Feelings
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

3. Progress Tracker

Start Date: _____

End Date: _____

Measurements:

Weight: _____

Waist: _____

Other: _____

Weekly Check-In:

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

4. Workout Ideas

Cardio:

Strength Training:

Flexibility/Yoga:

Other:

5. Reflection Section

Monthly Reflection:

What went well? _____

What challenges did I face? _____

How can I improve next month? _____

Celebrate Achievements:

Tips for Customization:

Add Colors: Use colored pens or markers for different sections.

Incorporate Stickers: Use fitness-themed stickers to make it visually appealing.

Personalize Goals: Adjust the number of goals and types of workouts to match your preferences.

Track Nutrition: Include a section for tracking meals or hydration if it aligns with your fitness goals.

Feel free to print this out or recreate it in your bullet journal! Enjoy tracking your fitness journey!