

PROGRESS

WEEK ONE

CARDIO WORKOUTS _____ STRENGTH WORKOUTS _____

NOTES _____

WEEK TWO

CARDIO WORKOUTS _____ STRENGTH WORKOUTS _____

NOTES _____

WEEK THREE

CARDIO WORKOUTS _____ STRENGTH WORKOUTS _____

NOTES _____

WEEK FOUR

CARDIO WORKOUTS _____ STRENGTH WORKOUTS _____

NOTES _____

