RYZ FIT

WEEKLY WORKOUT TRACKER

Track every set. See your progress.

WEEK OF	TRAINING GOAL THIS WEEK	WEEK #

EXERCISE	MON	TUE	WED	THU	FRI	SAT	SUN
Sets × Reps @ kg	✓ rest	✓ rest	✓ rest	✓ rest	✓ rest	✓ rest	✓ rest

CARDIO / CONDITIONING

TYPE	DURATION	DIST. (KM)	INTENSITY	TYPE	DURATION	DIST. (KM)	INTENSITY

WEEKLY WINS

NEXT WEEK — BEAT THIS

ENERGY THIS WEEK

1 2 3 4 5

SESSIONS COMPLETED

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