

30-DAY WORKOUT TRACKER

for Beginners

Stay
consistent.
Celebrate your
progress!

SAMPLE WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Full Body Workout	Rest Day	Lower Body Workout	Rest Day	Upper Body Workout	Core Workout	Rest Day
☒	☐	☒	☐	☐	☐	☐

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	DAY 1 ☐	DAY 2 ☐	DAY 3 ☐	DAY 4 ☐	DAY 5 ☐	DAY 6 ☐	DAY 7 ☐
WEEK 2	DAY 8 ☐	DAY 9 ☐	DAY 10 ☐	DAY 11 ☐	DAY 12 ☐	DAY 13 ☐	DAY 14 ☐
WEEK 3	DAY 15 ☐	DAY 16 ☐	DAY 17 ☐	DAY 18 ☐	DAY 19 ☐	DAY 20 ☐	DAY 21 ☐
WEEK 4	DAY 22 ☐	DAY 23 ☐	DAY 24 ☐	DAY 25 ☐	DAY 26 ☐	DAY 27 ☐	DAY 28 ☐
	DAY 29 ☐	DAY 30 ☐	Motivate yourself! Plan your workouts, stay consistent, and enjoy the feeling of checking off each day. / Daniela				