



Program Tracking


Week #1	15-Jan-23 to 20-Jan-23																							
	Legends																							
	Reps	Repetitions as suggested				Wts	Weight as suggested				Diff	Difference between suggested and actual												


Please fill the actual data for suggested exercises and find the difference/deviation on repetitions and weight parameters to schedule next week's program

Day	Day-1				Day-2				Day-3				Day-4				Day-5				Day-6			
Dates	15-Jan-23				16-Jan-23				17-Jan-23				18-Jan-23				19-Jan-23				20-Jan-23			

 Warm-up	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff				
Exercise 1	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	
Exercise 2	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	
Exercise 3	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	
Exercise 4	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	

 Strength	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff				
Exercise 1	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	
Exercise 2	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	
Exercise 3	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	
Exercise 4	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	

 Cardio	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff				
Exercise 1	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	
Exercise 2	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	
Exercise 3	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	
Exercise 4	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	

 Cool-down	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff				
Exercise 1	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	
Exercise 2	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	
Exercise 3	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	
Exercise 4	0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00	

Instructions: Duplicate this sheet to accommodate number of weeks as per the scheduled program

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