

Workout Tracker Sheet

Home Edition - Track Your Progress & Stay Motivated

This tracker is designed specifically for at-home workouts, helping you log your exercise sessions, track different focus areas (strength, cardio, core, flexibility), and monitor your weekly progress. Use it to stay accountable and see your improvements over time!

Print This Tracker

Weekly Workout Tracker

Week: _____ Dates: _____ to _____

● Strength ● Cardio ● Core ● Flexibility Intensity: ●●●●● (1-5)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Workout Details

Date: _____ Workout: _____

Weekly Workout Summary

Time:

☐ AM

Focus:

☐ PM

Focus:

☐ Strength

Focus:

☐ Cardio

Focus:

☐ Core

Focus:

☐ Flexibility

Intensity:

☐ 1 ☐ 2 ☐ 3

Intensity:

☐ 4 ☐ 5

Duration:

—

Exercises:

—

Sets x Reps:

—

Total Workouts

Total Minutes

Strength Sessions

Cardio Sessions

Core Sessions

Flexibility Sessions

Avg. Intensity

Avg. Duration

Exercise Progress Tracker

Exercise	Week 1	Week 2	Week 3	Week 4
Push-ups				
Squats				
Planks (sec)				
Burpees				

Weekly Notes & Reflections