

NEXUS LABS

12-WEEK TRANSFORMATION TRACKER

Fillable PDF - save a copy after editing

NAME

START DATE

GOAL DATE

START WEIGHT

GOAL WEIGHT

DAILY CALORIE TARGET

DAILY PROTEIN TARGET

Use this tracker for personal fitness organization. Nutrition targets are estimates, not medical advice.

WEEKLY CHECK-IN

WK	WEIGHT	WAIST	STEPS	CALORIES	PROTEIN	WORKOUTS	NOTES
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

NEXUS LABS

WEEKLY WORKOUT LOG

Repeat or print this page as needed

WEEK OF

CURRENT WEIGHT

WEEKLY FOCUS

MONDAY

WORKOUT / EXERCISES

SETS / REPS / LOAD

RPE / NOTES

TUESDAY

WORKOUT / EXERCISES

SETS / REPS / LOAD

RPE / NOTES

WEDNESDAY

WORKOUT / EXERCISES

SETS / REPS / LOAD

RPE / NOTES

THURSDAY

WORKOUT / EXERCISES

SETS / REPS / LOAD

RPE / NOTES

FRIDAY

WORKOUT / EXERCISES

SETS / REPS / LOAD

RPE / NOTES

SATURDAY

WORKOUT / EXERCISES

SETS / REPS / LOAD

RPE / NOTES

SUNDAY

WORKOUT / EXERCISES

SETS / REPS / LOAD

RPE / NOTES