

REAL MOTION™ Fitness Tracker

Month: _____

Use this chart to help you plan your Real Motion™ Workout training schedule for the month and keep track of what sets you did and when. After a few months, compare how far you've come from previous months.

This month's plan/goal:

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day																															
Warmup																															
Cool down																															
Stretch																															
Cardio																															
Real Motion Dumbbell Workout exercises																															
Set A																															
Set B																															
Set C																															
Core A																															
Core B																															
Core C																															
Real Motion Total Fit exercises																															
Set 1																															
Set 2																															
Set 3																															
Core 1																															
Core 2																															
Floor																															
Other fitness activities, for example, walking, running, cycling, group fitness class, weight lifting, etc.																															