

WORKOUT LOG & PLANNER

The image displays two blank fitness tracking sheets. The top sheet, titled 'Workout Plan' with the subtitle 'One day at the time', features a calendar grid with columns for 'WEEK 1', 'WEEK 2', and 'WEEK 3'. The rows are labeled with days of the week: M, T, W, TH, F, S, and SU. Two yellow binder clips are attached to the left side of this sheet. The bottom sheet, titled 'Workout Log' with the subtitle 'One day at the time', has a header section with icons for a month, a bottle, a person, and a barbell. Below this is a large table with columns for 'DATE', 'ACTIVITY', 'TIME', 'SETS', 'REPS', 'DIST.', and 'WGT.'. Both sheets are white with black text and lines, and are set against a light-colored background.