

## Six-Pack Monthly Tracking Sheet (4 Weeks)

### Week 1

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

### Week 2

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

## Week 3

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	

## Week 4

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Push	■	■	■	■	
Tue	Pull	■	■	■	■	
Wed	Legs & Core	■	■	■	■	
Thu	Conditioning & Core	■	■	■	■	
Fri	Push/Pull Hybrid	■	■	■	■	
Sat	Rest / Active Recovery	■	■	■	■	
Sun	Rest / Recovery	■	■	■	■	