

Weekly Tracking Sheet – Women's Plan

Day	Workout	Breakfast	Lunch	Dinner	Snacks	Notes
Mon	Full-Body	■	■	■	■	
Tue	Conditioning	■	■	■	■	
Wed	Lower/Glutes	■	■	■	■	
Thu	Mobility	■	■	■	■	
Fri	Upper	■	■	■	■	
Sat	Optional Cond.	■	■	■	■	
Sun	Rest	■	■	■	■	