

# Fitness Gains

## Workout & Water Log

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>							
<b>Completed</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Water Tracking</b>	👉👉👉👉👉👉👉👉	👉👉👉👉👉👉👉👉	👉👉👉👉👉👉👉👉	👉👉👉👉👉👉👉👉	👉👉👉👉👉👉👉👉	👉👉👉👉👉👉👉👉	👉👉👉👉👉👉👉👉
<b>Week 2</b>							
<b>Completed</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Water Tracking</b>	👉👉👉👉👉👉👉👉	👉👉👉👉👉👉👉👉	👉👉👉👉👉👉👉👉	👉👉👉👉👉👉👉👉	👉👉👉👉👉👉👉👉	👉👉👉👉👉👉👉👉	👉👉👉👉👉👉👉👉