

# Titan Workouts!

## Monthly Calendar

Tracking your workouts is one of the best things you can do to help you succeed. Mark the days you plan on working out ahead of time and then record your completed workouts on the calendar with a check or happy face (you can also track on your phone or other calendars you have). When you meet the goals you set for yourself, be sure to reward yourself.

**MONTH:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday