

Women's Fitness Community Tracker

This tracker is designed to help women stay consistent with their fitness journey by leveraging the power of community and social support. Use this tool to log your workouts, reflect on your motivation, track weekly progress, and identify the role that community plays in keeping you accountable.

Daily Workout Tracker

Day	Workout Completed?	Energy Level (1-10)	Community Check-in?	Notes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Weekly Reflection

Use this section to reflect on your week. Write down what motivated you, how the community supported you, and what challenges you faced. Reflection is key to building long-term fitness habits.

Question	Your Response
What motivated me this week?	
How did community support help me?	
Biggest challenge I faced?	
How will I improve next week?	

Key Progress Indicators (KPIs)

Tracking measurable progress helps keep motivation high. Use this section to log weekly improvements in key fitness indicators.

Week	Workouts Completed	Average Energy Level	Community Interactions	Notes
Week 1				
Week 2				
Week 3				
Week 4				

Notes Section

Use this space to jot down personal reflections, progress updates, or inspiration.
