



Velvett Velu



TRAVELFIT

Balance your body, mind and passport

STRENGTH

WORKOUT TEMPLATE



DATE: _____ LOCATION: _____ FOCUS AREA: _____

INTENTION FOR TODAY

"I am strong, capable,
and growing every day."



EXERCISE	SETS	REPS	WEIGHT / RESISTANCE	NOTES

COOL DOWN / STRETCH

HOW I FELT



NOTES / WINS

