

Monthly Workout & Hydration Tracker



This monthly calendar will help you keep track of your participation in Total HealthWorks' live classes and on-demand workouts, and help with tracking your daily water intake. Please check the box each day you complete an activity or hit your water intake goal. Save your tracking sheet for the end of the month reports!

Monthly Totals

Live Classes Completed: _____

On-demand Sessions Completed: _____

Water Intake Goal Reached: _____

Goals: Complete a THW class, a workout, or an exercise session on your own, at least 4 days out of the week

Drink 8 glasses of water daily (equivalent to 64 ounces)

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	2 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>
3 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	4 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	5 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	6 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	7 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	8 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	9 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>
10 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	11 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	12 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	13 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	14 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	15 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	16 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>
17 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	18 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	19 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	20 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	21 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	22 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	23 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>
24 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	25 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	26 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	27 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	28 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	29 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>	30 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>
31 Live Class <input type="checkbox"/> On-Demand <input type="checkbox"/> Water Intake <input type="checkbox"/>						