Bodyweight Exercise Checklist Template

Calisthenics Routine — List your exercises and track completion.

	Exercise Name	Sets	Reps	Completed
1.	eg. Push-ups	eg. 3	eg. 10	☐
2.	eg. Pull-ups	eg. 3	eg. 8	☐
3.	eg. Squats	eg. 3	eg. 15	☐
4.				☐
5.				☐
6.				☐

Notes

Add any notes, goals, or focus points for this workout...