# Fitness Tracker

**Purpose:** This document helps track fitness activity including workouts, steps, and progress toward personal fitness goals. It supports planning, accountability, and motivation for achieving a healthier lifestyle.

## Participant Information

**Name:** {name}

**Age:** {age}

**Fitness Goal:** {fitnessGoal}

**Tracking Period:** {startDate} to {endDate}

## Weekly Overview

{#weeklySummaries}

### Week of {weekStartDate}

* **Total Steps:** {totalSteps}
* **Total Workouts:** {workoutCount}
* **Calories Burned:** {caloriesBurned}
* **Average Sleep (hrs):** {averageSleep}

{/weeklySummaries}

## Workout Log

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Type** | **Duration (min)** | **Intensity** | **Notes** |
| {#workouts}{date} | {type} | {duration} | {intensity} | {notes}{/workouts} |

## Progress Updates

{#progressUpdates}

### {date}

**Weight:** {weight} kg

**Body Fat %:** {bodyFatPercentage}

**Muscle Mass %:** {muscleMass}

**Notes:***{notes}*

{/progressUpdates}

## Achievements

{#achievements}

* **{title}:**{description}

{/achievements}

{#hasTrainer}

## Trainer Info

**Trainer Name:** {trainerName}

**Trainer Comments:** {trainerComments}

{/hasTrainer}

{^hasTrainer}

No trainer assigned to this participant.

{/hasTrainer}