

**Tabata Tracker** Date: \_\_\_\_\_ Tabata Workout # \_\_\_\_\_

<b>Exercise 1:</b>	<b>Exercise 2:</b>	<b>Exercise 3:</b>	<b>Exercise 4:</b>
Total Reps:	Total Reps:	Total Reps:	Total Reps:
Weight:	Weight:	Weight:	Weight:

**Tabata Tracker** Date: \_\_\_\_\_ Tabata Workout # \_\_\_\_\_

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