Goals:		
Dates:		
Dates:		

Monday	Daily Rating				
Cardio Exercise	Time/Distance		me/Distance Notes		
Strength Training	Wt. Sets	Reps	Notes		

Wednesd	day	Daily Rating
Cardio Exercise	Time/Distance	Notes
Strength Training	Wt. Sets Re	eps Notes

Tuesday		ily Rating	Thursday
Cardio Exercise	Time/Distance	Notes	Cardio Exercise T
Strength Training	Wt. Sets Reps	Notes	Strength Training

Time/Distance Notes Wt. Sets Reps Notes

Daily Rating

Friday	Daily Rating				
Cardio Exercise	Time/Distance	Notes			
Strength Training	Wt. Sets Reps	Notes			
Saturda	y Dai	ly Rating			
Cardio Exercise	Time/Distance	Notes			
Strength Training	Wt. Sets Reps	Notes			

Daily Rating		
Time/Distance	Notes	
Wt. Sets Reps	Notes	
	Time/Distance	

Weekly Wrap

Weekly Rating

Total Car	dio Sessior	ns:				
Cardio No	otes:					
Total Stre	ngth Sessio	ons:	Upper	L	.ower	Abs
Strength I	Notes:					
Weight:						
Diet Notes	5:					
Goals:	Met	Excee	d	Maybe N	Next Week	
Remarks:						