

Goals: _____

Dates: _____

Monday

Daily Rating

Cardio Exercise

Time/Distance

Notes

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Strength Training

Wt. Sets Reps

Notes

Wt.	Sets	Reps	Notes
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Wednesday

Daily Rating

Cardio Exercise

Time/Distance

Notes

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Strength Training

Wt. Sets Reps

Notes

Wt.	Sets	Reps	Notes
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Tuesday

Daily Rating

Cardio Exercise

Time/Distance

Notes

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Strength Training

Wt. Sets Reps

Notes

Wt.	Sets	Reps	Notes
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Thursday

Daily Rating

Cardio Exercise

Time/Distance

Notes

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Strength Training

Wt. Sets Reps

Notes

Wt.	Sets	Reps	Notes
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Friday

Daily Rating

Cardio Exercise

Time/Distance

Notes

Strength Training

Wt. Sets Reps

Notes

	Wt.	Sets	Reps	Notes

Sunday

Daily Rating

Cardio Exercise

Time/Distance

Notes

Strength Training

Wt. Sets Reps

Notes

	Wt.	Sets	Reps	Notes

Saturday

Daily Rating

Cardio Exercise

Time/Distance

Notes

Strength Training

Wt. Sets Reps

Notes

	Wt.	Sets	Reps	Notes

Weekly Wrap

Weekly Rating

Total Cardio Sessions:

Cardio Notes:

Total Strength Sessions:

Upper

Lower

Abs

Strength Notes:

Weight:

Diet Notes:

Goals:

Met

Exceed

Maybe Next Week

Remarks: