

Weekly Workout Record

Start Date: _____ Weight: _____

Goals for the week:

Monday

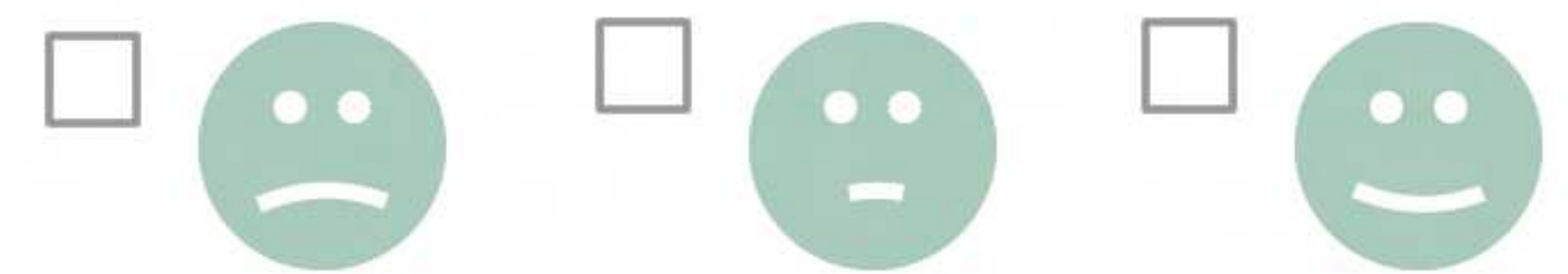
Workout Type...

- Cardio
- Strength
- Cardio & Strength

Workout Description...

Duration... _____

I feel...



Notes for next time...

Tuesday

Workout Type...

- Cardio
- Strength
- Cardio & Strength

Workout Description...

Duration... _____

I feel...



Notes for next time...

Wednesday

Workout Type...

- Cardio
- Strength
- Cardio & Strength

Workout Description...

Duration... _____

I feel...



Notes for next time...

Thursday




Workout Type...

- Cardio
- Strength
- Cardio & Strength

Workout Description...

Duration... _____

I feel...

Notes for next time...

Friday

Workout Type...

- Cardio
- Strength
- Cardio & Strength

Workout Description...

Duration... _____

I feel...

Notes for next time...

Saturday

Workout Type...

- Cardio
- Strength
- Cardio & Strength

Workout Description...

Duration... _____

I feel...

Notes for next time...

Sunday

Workout Type...

- Cardio
- Strength
- Cardio & Strength

Workout Description...

Duration... _____

I feel...

Notes for next time...