

**WEEK BEGINNING:**     /     /     **Planned Weekly Hours:** \_\_\_\_\_

**GOALS:** (check as achieved)

- ☐ 1. \_\_\_\_\_
- ☐ 2. \_\_\_\_\_
- ☐ 3. \_\_\_\_\_

**WEEKLY THOUGHTS:**

\_\_\_\_\_

\_\_\_\_\_

**MONDAY:**     /     /

**WORKOUT TYPE:**

☐ walk ☐ run ☐ swim ☐ bike ☐ yoga ☐ other

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DAILY:**

weight:

resting hr:

energy: ☐ poor ☐ good ☐ excellent

**RESULTS:**

time:

distance:

intensity: ☐ easy ☐ medium ☐ hard

**TUESDAY:**     /     /

**WORKOUT TYPE:**

☐ walk ☐ run ☐ swim ☐ bike ☐ yoga ☐ other

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DAILY:**

weight:

resting hr:

energy: ☐ poor ☐ good ☐ excellent

**RESULTS:**

time:

distance:

intensity: ☐ easy ☐ medium ☐ hard

**WEDNESDAY:**     /     /

**WORKOUT TYPE:**

☐ walk ☐ run ☐ swim ☐ bike ☐ yoga ☐ other

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DAILY:**

weight:

resting hr:

energy: ☐ poor ☐ good ☐ excellent

**RESULTS:**

time:

distance:

intensity: ☐ easy ☐ medium ☐ hard

## THURSDAY: / /

### WORKOUT TYPE:

☐ walk ☐ run ☐ swim ☐ bike ☐ yoga ☐ other

### WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

---

---

---

### DAILY:

weight:

resting hr:

energy: ☐ poor ☐ good ☐ excellent

### RESULTS:

time:

distance:

intensity: ☐ easy ☐ medium ☐ hard

## FRIDAY: / /

### WORKOUT TYPE:

☐ walk ☐ run ☐ swim ☐ bike ☐ yoga ☐ other

### WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

---

---

---

### DAILY:

weight:

resting hr:

energy: ☐ poor ☐ good ☐ excellent

### RESULTS:

time:

distance:

intensity: ☐ easy ☐ medium ☐ hard

## SATURDAY: / /

### WORKOUT TYPE:

☐ walk ☐ run ☐ swim ☐ bike ☐ yoga ☐ other

### WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

---

---

---

### DAILY:

weight:

resting hr:

energy: ☐ poor ☐ good ☐ excellent

### RESULTS:

time:

distance:

intensity: ☐ easy ☐ medium ☐ hard

## SUNDAY: / /

### WORKOUT TYPE:

☐ walk ☐ run ☐ swim ☐ bike ☐ yoga ☐ other

### WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

---

---

---

### DAILY:

weight:

resting hr:

energy: ☐ poor ☐ good ☐ excellent

### RESULTS:

time:

distance:

intensity: ☐ easy ☐ medium ☐ hard