

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