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**