

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

