

Week of \_\_\_\_\_ - \_\_\_\_\_

Sunday		
Exercise	Time	Weights/lbs
Cardio	Time	Distance

Monday		
Exercise	Time	Weights/lbs
Cardio	Time	Distance

Tuesday		
Exercise	Time	Weights/lbs
Cardio	Time	Distance

Wednesday		
Exercise	Time	Weights/lbs
Cardio	Time	Distance

Thursday		
Exercise	Time	Weights/lbs
Cardio	Time	Distance

Friday		
Exercise	Time	Weights/lbs
Cardio	Time	Distance

Saturday		
Exercise	Time	Weights/lbs
Cardio	Time	Distance

Notes: