

**GOALS:** (check as achieved)

1.

2.

3.

**WEEKLY THOUGHTS:**

**Planned Weekly Hours:**

**/**

**/**

**WEEK BEGINNING:**

**MONDAY: / /**

# WORKOUT TYPE:

 **walk ** **run ** **swim ** **bike ** **yoga ** **other**

# WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

# DAILY:

weight: resting hr: energy:

# RESULTS:

time: distance: intensity:

 **poor**

 **easy**

 **good **

 **medium**

**excellent**

 **hard**

**TUESDAY: / /**

# WORKOUT TYPE:

 **walk ** **run ** **swim ** **bike ** **yoga ** **other**

# WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

# DAILY:

weight: resting hr: energy:

# RESULTS:

time: distance: intensity:

 **poor**

 **easy**

 **good **

 **medium**

**excellent**

 **hard**

**WEDNESDAY: / /**

# WORKOUT TYPE:

 **walk ** **run ** **swim ** **bike ** **yoga ** **other**

# WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

# DAILY:

weight: resting hr: energy:

# RESULTS:

time: distance: intensity:

 **poor**

 **easy**

 **good **

 **medium**

**excellent**

 **hard**

**THURSDAY: / /**

# WORKOUT TYPE:

 **walk ** **run ** **swim ** **bike ** **yoga ** **other**

# WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

# DAILY:

weight: resting hr: energy:

# RESULTS:

time: distance: intensity:

 **poor**

 **easy**

 **good **

 **medium**

**excellent**

 **hard**

**FRIDAY: / /**

# WORKOUT TYPE:

 **walk ** **run ** **swim ** **bike ** **yoga ** **other**

# WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

# DAILY:

weight: resting hr: energy:

# RESULTS:

time: distance: intensity:

 **poor**

 **easy**

 **good **

 **medium**

**excellent**

 **hard**

**SATURDAY: / /**

# WORKOUT TYPE:

 **walk ** **run ** **swim ** **bike ** **yoga ** **other**

# WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

# DAILY:

weight: resting hr: energy:

# RESULTS:

time: distance: intensity:

 **poor**

 **easy**

 **good **

 **medium**

**excellent**

 **hard**

**SUNDAY: / /**

# WORKOUT TYPE:

 **walk ** **run ** **swim ** **bike ** **yoga ** **other**

# WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

# DAILY:

weight: resting hr: energy:

# RESULTS:

time: distance: intensity:

 **poor**

 **easy**

 **good **

 **medium**

**excellent**

 **hard**

