WEEK BEGINNING:

GOALS: (check as achieved)
O 1
O 2
O 3
WEEKLY THOUGHTS:

MONDAY:

WORKOUT TYPE:

O walk O run O swim O bike O yoga O other

WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

resting hr: energy:

DAILY: weight:

RESULTS:

time: distance: intensity: <u>O easy</u> <u>O medium</u> <u>O hard</u>

Opoor Ogood Oexcellent

TUESDAY:

WORKOUT TYPE:

○ walk ○ run ○ swim ○ bike ○ yoga ○ other

/

/

WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

DAILY:

weight: resting hr: energy: O poor O good O excellent

RESULTS:

time: distance: intensity: <u>O easy</u> <u>O medium</u> <u>O hard</u>

WEDNESDAY:

WORKOUT TYPE:

○ walk ○ run ○ swim ○ bike ○ yoga ○ other

/

/

WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

DAILY:

weight: resting hr: energy: O poor O good O excellent

RESULTS:

time: distance: intensity: <u>easy</u> <u>medium</u> <u>hard</u>

THURSDAY:

WORKOUT TYPE:

○ walk ○ run ○ swim ○ bike ○ yoga ○ other

/

/

WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

DAILY:

weight:			
resting hr:			
energy:	O poor	O good	O excellent

RESULTS:

time:			
distance:			
intensity:	O easy	O medium	O hard

FRIDAY: /

WORKOUT TYPE:

O walk O run O swim O bike O yoga O other

/

WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

DAILY:

weight: resting hr:

energy: O poor O good O excellent

RESULTS:

time: distance: intensity: <u>easy</u> <u>medium</u> <u>hard</u>

SATURDAY:

WORKOUT TYPE:

O walk O run O swim O bike O yoga O other

/

/

WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

DAILY:

weight: resting hr: energy: O poor O good O excellent

RESULTS:

time: distance: intensity: <u>O easy</u> <u>O medium</u> <u>O hard</u>

SUNDAY:

WORKOUT TYPE:

O walk O run O swim O bike O yoga O other

/

WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

/

DAILY:

weight: resting hr: energy: O poor O good O excellent

RESULTS:

time: distance: intensity: <u>easy</u> <u>medium</u> <u>hard</u>