

# WEEKLY FITNESS JOURNAL

This Week's Goals: \_\_\_\_\_



**Sunday** 

☐ CARDIO ☐ STRENGTH ☐ OTHER

Activity: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Minutes: \_\_\_\_\_ Calories: \_\_\_\_\_

**Monday** 

☐ CARDIO ☐ STRENGTH ☐ OTHER

Activity: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Minutes: \_\_\_\_\_ Calories: \_\_\_\_\_

**Tuesday** 

☐ CARDIO ☐ STRENGTH ☐ OTHER

Activity: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Minutes: \_\_\_\_\_ Calories: \_\_\_\_\_

**Wednesday** 

☐ CARDIO ☐ STRENGTH ☐ OTHER

Activity: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Minutes: \_\_\_\_\_ Calories: \_\_\_\_\_

**Thursday** 

☐ CARDIO ☐ STRENGTH ☐ OTHER

Activity: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Minutes: \_\_\_\_\_ Calories: \_\_\_\_\_

**Friday** 

☐ CARDIO ☐ STRENGTH ☐ OTHER

Activity: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Minutes: \_\_\_\_\_ Calories: \_\_\_\_\_

**Saturday** 

☐ CARDIO ☐ STRENGTH ☐ OTHER

Activity: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Minutes: \_\_\_\_\_ Calories: \_\_\_\_\_

## This week's Check-in

Weight: \_\_\_\_\_

Pounds Lost: \_\_\_\_\_