Weekly Cardio Exercise Log

Date:

	Goal				Actual			
Sunday	Type of Exercise	Time	Distance	Level	Type of Exercise	Time	Distance	Level
Monday	Type of Exercise	Time	Distance	Level	Type of Exercise	Time	Distance	Level
Tuesday	Type of Exercise	Time	Distance	Level	Type of Exercise	Time	Distance	Level
Wednesday	Type of Exercise	Time	Distance	Level	Type of Exercise	Time	Distance	Level
Thursday	Type of Exercise	Time	Distance	Level	Type of Exercise	Time	Distance	Level
Friday	Type of Exercise	Time	Distance	Level	Type of Exercise	Time	Distance	Level
Saturday	Type of Exercise	Time	Distance	Level	Type of Exercise	Time	Distance	Level