Weekly	[,] Trea	dmill \	Norko	out Lo	pq		Name		
							Name		
Week #	Time	Speed	Distance	Calories	Incline	Pre-set	Routine/notes		
Sunday									
Date									
am pm									
	Time	Speed	Distance	Calories	Incline	Pre-set	Routine/notes		
Monday Date									
am pm									
	Time	Speed	Distance	Calories	Incline	Pre-set	Routine/notes		
Tuesday									
Date									
am pm									
	Time	Speed	Distance	Calories	Incline	Pre-set	Routine/notes		
Wednesday Date									
am pm									
	Time	Speed	Distance	Calories	Incline	Pre-set	Routine/notes		
Thursday Data									
Thursday Date am pm									
	Time	Speed	Distance	Calories	Incline	Pre-set	Routine/notes		
Friday									
Date									
am pm									
	Time	Speed	Distance	Calories	Incline	Pre-set	Routine/notes		
Saturday									
Date									
am pm									
Date	Stats:	Weight	Waist	Hips	Thigh	Bust	Comments		