

# 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: \_\_\_\_\_