

Date: Jan 23

Health & Fitness Log

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Cardio

Mins

| | |
|-----------|-------|
| Running | 20 |
| Jump Rope | 10 |
| _____ | _____ |
| _____ | _____ |

Strength Training

Upper Body

Reps

| | |
|----------|-------|
| Push Ups | 10 |
| _____ | _____ |
| _____ | _____ |

Lower Body

| | |
|--------|-------|
| Squats | 25 |
| _____ | _____ |
| _____ | _____ |

Core

| | |
|---------------|-------|
| Side Crunches | 15 |
| _____ | _____ |
| _____ | _____ |

Breakfast

Calories

| | |
|--------------------|-------|
| Special K, 2% Milk | 160 |
| Apple | 50 |
| _____ | _____ |

Lunch

| | |
|-------------|-----|
| Chicken Sub | 570 |
| Water | 0 |
| Granola Bar | 90 |

Dinner

| | |
|----------------|-------------|
| Turkey Lasagna | 240 |
| Red Wine | 80 |
| _____ | _____ |
| Total: | 1190 |

*Tip: CalorieKing.com

Flexibility

My Difficulty (1-10)

| | |
|------------------|-------|
| Stand, Touch Toe | 7 |
| _____ | _____ |
| _____ | _____ |

My Weight: 137