

## Weekly Exercise Journal

<b>Sunday</b> Activity/Type of Workout: How Long: How hard: Easy Moderate Hard Intense	<u>Goal for Tomorrow</u>
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**Monday**

Activity/Type of Workout:

  

How Long:

How hard: Easy Moderate Hard Intense

Goal for Tomorrow:

**Tuesday**

Activity/Type of Workout:

  

How Long:

How hard: Easy Moderate Hard Intense

Goal for Tomorrow:

**Wednesday**

Activity/Type of Workout:

  

How Long:

How hard: Easy Moderate Hard Intense

Goal for Tomorrow:

**Thursday**

Activity/Type of Workout:

  

How Long:

How hard: Easy Moderate Hard Intense

Goal for Tomorrow:

**Friday**

Activity/Type of Workout:

  

How Long:

How hard: Easy Moderate Hard Intense

Goal for Tomorrow:

**Saturday**

Activity/Type of Workout:

  

How Long:

How hard: Easy Moderate Hard Intense

Did you meet your goals this week? Yes/No

<b>Weekly Wrap</b>	<u>My Biggest Challenge</u>	<u>My Biggest Accomplishment</u>	<u>My #1 Goal for Next Week</u>
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