CARDIO WORKOUT LOG

GOALS:					GOALS:				
WEIGHT:		DATE	DATE:		WEIGHT:		DATE:		
SLEEP (hrs):		DAY:	M Tu W Th	r Fr Sa Su	SLEEP (hrs):		DAY: M Tu W Th Fr Sa Su		
CALORIES:		NOTES:			CALORIES:		NOTES:		
TIME (minutes):					TIME (minutes):				
EXERCISES	1RM*	SETS	REPS	WT	EXERCISES	1RM*	SETS	REPS	WT
CARDIO EXERCISES		TIME	DIST	INT**	CARDIO EXER	CARDIO EXERCISES		DIST	INT**