fitsugar Fitness Journal

week of _____

date: _____

Cardio	
Time/Duration	
Distance	
Average Heart Rate	
Max Heart Rate	
Calories Burned	
Level/Speed/Resistance	

date: _____

Cardio	
Time/Duration	
Distance	
Average Heart Rate	
Max Heart Rate	
Calories Burned	
Level/Speed/Resistance	

date: _____

Cardio	
Time/Duration	
Distance	
Average Heart Rate	
Max Heart Rate	
Calories Burned	
Level/Speed/Resistance	

date: _____

Strength Training				
Exercise Name	Body Part Worked	Weight	Number of Sets	Number of Reps

date: _____

Strength Training				
Exercise Name	Body Part Worked	Weight	Number of Sets	Number of Reps