

Weekly Exercise Journal

Sunday 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

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