



NO. / / Planned Weekly Hours: _____

NO. / /

WORKOUT TYPE:
 walk run hike bike yoga other

WORKOUT NOTES:
(weather, terrain, altitude, temperature, etc.)

DAILY:
weight _____
reeling in _____
energy: poor good excellent

RESULTS:
time _____
distance _____
intensity: easy medium hard

TUESDAY: / /

WORKOUT TYPE:
 walk run hike bike yoga other

WORKOUT NOTES:
(weather, terrain, altitude, temperature, etc.)

DAILY:
weight _____
reeling in _____
energy: poor good excellent

RESULTS:
time _____
distance _____
intensity: easy medium hard

WEDNESDAY: / /

WORKOUT TYPE:
 walk run hike bike yoga other

WORKOUT NOTES:
(weather, terrain, altitude, temperature, etc.)

DAILY:
weight _____
reeling in _____
energy: poor good excellent

RESULTS:
time _____
distance _____
intensity: easy medium hard

THURSDAY: / /

WORKOUT TYPE:
 walk run hike bike yoga other

WORKOUT NOTES:
(weather, terrain, altitude, temperature, etc.)

DAILY:
weight _____
reeling in _____
energy: poor good excellent

RESULTS:
time _____
distance _____
intensity: easy medium hard

FRIDAY: / /

WORKOUT TYPE:
 walk run hike bike yoga other

WORKOUT NOTES:
(weather, terrain, altitude, temperature, etc.)

DAILY:
weight _____
reeling in _____
energy: poor good excellent

RESULTS:
time _____
distance _____
intensity: easy medium hard

SATURDAY: / /

WORKOUT TYPE:
 walk run hike bike yoga other

WORKOUT NOTES:
(weather, terrain, altitude, temperature, etc.)

DAILY:
weight _____
reeling in _____
energy: poor good excellent

RESULTS:
time _____
distance _____
intensity: easy medium hard

SUNDAY: / /

WORKOUT TYPE:
 walk run hike bike yoga other

WORKOUT NOTES:
(weather, terrain, altitude, temperature, etc.)

DAILY:
weight _____
reeling in _____
energy: poor good excellent

RESULTS:
time _____
distance _____
intensity: easy medium hard