

Exercise Logs Journal

Week of:

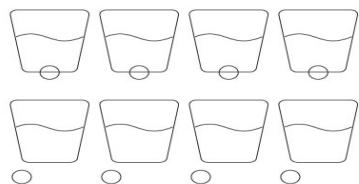
Date:

Day (circle): MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Goal of the day

○
○
○
○
○

Water Intake



Starting Weight

Goal Weight

Current Weight

Distance

Cardio

Exercise	Weight	Sets	Reps	Time