

WEEKLY FITNESS

journal



THIS WEEK'S GOALS: _____

Sunday



CARDIO STRENGTH OTHER

Activity _____

Minutes _____

Calories _____

Monday



CARDIO STRENGTH OTHER

Activity _____

Minutes _____

Calories _____

Tuesday



CARDIO STRENGTH OTHER

Activity _____

Minutes _____

Calories _____

Wednesday



CARDIO STRENGTH OTHER

Activity _____

Minutes _____

Calories _____

Thursday



CARDIO STRENGTH OTHER

Activity _____

Minutes _____

Calories _____

Friday



CARDIO STRENGTH OTHER

Activity _____

Minutes _____

Calories _____

Saturday



CARDIO STRENGTH OTHER

Activity _____

Minutes _____

Calories _____

This Week's Check-In

Weight: _____

Pounds Lost: _____