

## Weekly Workout Log Sheet

<b>Monday</b>	<u>Exercises</u>  <u>Cardio</u>	<u>Sets</u>  <u>Distance</u>	<u>Reps</u>  <u>Time</u>	<u>Weight</u>	<u>Comments</u>
<b>Tuesday</b>	<u>Exercises</u>  <u>Cardio</u>	<u>Sets</u>  <u>Distance</u>	<u>Reps</u>  <u>Time</u>	<u>Weight</u>	<u>Comments</u>
<b>Wednesday</b>	<u>Exercises</u>  <u>Cardio</u>	<u>Sets</u>  <u>Distance</u>	<u>Reps</u>  <u>Time</u>	<u>Weight</u>	<u>Comments</u>
<b>Thursday</b>	<u>Exercises</u>  <u>Cardio</u>	<u>Sets</u>  <u>Distance</u>	<u>Reps</u>  <u>Time</u>	<u>Weight</u>	<u>Comments</u>
<b>Friday</b>	<u>Exercises</u>  <u>Cardio</u>	<u>Sets</u>  <u>Distance</u>	<u>Reps</u>  <u>Time</u>	<u>Weight</u>	<u>Comments</u>