

**WEEK BEGINNING:**    /    /    **Planned Weekly Hours:** \_\_\_\_\_

**GOALS:** (check as achieved)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**WEEKLY THOUGHTS:**

\_\_\_\_\_

\_\_\_\_\_

**MONDAY:**    /    /

**WORKOUT TYPE:**

- walk    run    swim    bike    yoga    other

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DAILY:**

- weight: \_\_\_\_\_
- resting hr: \_\_\_\_\_
- energy:    poor    good    excellent

**RESULTS:**

- time: \_\_\_\_\_
- distance: \_\_\_\_\_
- intensity:    easy    medium    hard

**TUESDAY:**    /    /

**WORKOUT TYPE:**

- walk    run    swim    bike    yoga    other

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DAILY:**

- weight: \_\_\_\_\_
- resting hr: \_\_\_\_\_
- energy:    poor    good    excellent

**RESULTS:**

- time: \_\_\_\_\_
- distance: \_\_\_\_\_
- intensity:    easy    medium    hard

**WEDNESDAY:**    /    /

**WORKOUT TYPE:**

- walk    run    swim    bike    yoga    other

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DAILY:**

- weight: \_\_\_\_\_
- resting hr: \_\_\_\_\_
- energy:    poor    good    excellent

**RESULTS:**

- time: \_\_\_\_\_
- distance: \_\_\_\_\_
- intensity:    easy    medium    hard

**THURSDAY:** / /

**WORKOUT TYPE:**

walk  run  swim  bike  yoga  other

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)

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**DAILY:**

weight:

resting hr:

energy:  poor  good  excellent

**RESULTS:**

time:

distance:

intensity:  easy  medium  hard

**FRIDAY:** / /

**WORKOUT TYPE:**

walk  run  swim  bike  yoga  other

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)

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**DAILY:**

weight:

resting hr:

energy:  poor  good  excellent

**RESULTS:**

time:

distance:

intensity:  easy  medium  hard

**SATURDAY:** / /

**WORKOUT TYPE:**

walk  run  swim  bike  yoga  other

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)

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**DAILY:**

weight:

resting hr:

energy:  poor  good  excellent

**RESULTS:**

time:

distance:

intensity:  easy  medium  hard

**SUNDAY:** / /

**WORKOUT TYPE:**

walk  run  swim  bike  yoga  other

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)

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**DAILY:**

weight:

resting hr:

energy:  poor  good  excellent

**RESULTS:**

time:

distance:

intensity:  easy  medium  hard