**WEEK BEGINNING:** 

GOALS: (check as achieved)	
O 1	
O 2	
O 3	
WEEKLY THOUGHTS:	

# **MONDAY:**

#### WORKOUT TYPE:

○ walk ○ run ○ swim ○ bike ○ yoga ○ other

#### WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

# resting hr: energy:

DAILY: weight:

#### **RESULTS:**

time: distance: intensity: <u>easy</u> <u>medium</u> <u>hard</u>

Opoor Ogood Oexcellent

# **TUESDAY:**

#### WORKOUT TYPE:

○ walk ○ run ○ swim ○ bike ○ yoga ○ other

/

/

#### WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

# DAILY:

weight: resting hr: energy: O poor O good O excellent

### **RESULTS**:

time: distance: intensity: <u>O easy</u> <u>O medium</u> <u>O hard</u>

# WEDNESDAY:

# WORKOUT TYPE:

○ walk ○ run ○ swim ○ bike ○ yoga ○ other

/

/

# WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

#### DAILY:

weight: resting hr: energy: O poor O good O excellent

# **RESULTS:**

time: distance: intensity: <u>easy</u> <u>medium</u> <u>hard</u>



# THURSDAY:

### WORKOUT TYPE:

○ walk ○ run ○ swim ○ bike ○ yoga ○ other

/

/

#### WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

#### DAILY:

weight:			
resting hr:			
energy:	O poor	O good	O excellent

#### **RESULTS:**

time:			
distance:			
intensity:	O easy	O medium	O hard

# FRIDAY: /

#### WORKOUT TYPE:

O walk O run O swim O bike O yoga O other

/

### WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

# DAILY:

weight: resting hr:

energy: O poor O good O excellent

### **RESULTS:**

time: distance: intensity: <u>easy</u> <u>medium</u> <u>hard</u>

# SATURDAY:

# WORKOUT TYPE:

O walk O run O swim O bike O yoga O other

/

/

#### WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

### DAILY:

weight: resting hr: energy: O poor O good O excellent

### **RESULTS**:

time: distance: intensity: <u>O easy</u> <u>O medium</u> <u>O hard</u>

# SUNDAY:

# WORKOUT TYPE:

O walk O run O swim O bike O yoga O other

/

#### WORKOUT NOTES:

(weather, soreness, attitude, how session felt)

/

#### DAILY:

weight: resting hr: energy: O poor O good O excellent

#### **RESULTS:**

time: distance: intensity: <u>easy</u> <u>medium</u> <u>hard</u>

