

Weekly Workout Record

Start Date: _____ Weight: _____

Goals for the week:

Monday

Workout Type...

- ☐ Cardio
☐ Strength
☐ Cardio & Strength

Workout Description...

Duration... _____

I feel...

☐☐☐

Notes for next time...

Tuesday

Workout Type...

- ☐ Cardio
☐ Strength
☐ Cardio & Strength

Workout Description...

Duration... _____

I feel...

☐☐☐

Notes for next time...

Wednesday

Workout Type...

- ☐ Cardio
☐ Strength
☐ Cardio & Strength

Workout Description...

Duration... _____

I feel...

☐☐☐

Notes for next time...

Thursday

Workout Type...

- ☐ Cardio
- ☐ Strength
- ☐ Cardio & Strength

Workout Description...

Duration...

I feel...

☐☐☐

Notes for next time...

Friday

Workout Type...

- ☐ Cardio
- ☐ Strength
- ☐ Cardio & Strength

Workout Description...

Duration...

I feel...

☐☐☐

Notes for next time...

Saturday

Workout Type...

- ☐ Cardio
- ☐ Strength
- ☐ Cardio & Strength

Workout Description...

Duration...

I feel...

☐☐☐

Notes for next time...

Sunday

Workout Type...

- ☐ Cardio
- ☐ Strength
- ☐ Cardio & Strength

Workout Description...

Duration...

I feel...

☐☐☐

Notes for next time...