Weekly Exercise Summary

Date (Week of)	:		_			
Scale Weight:						
Body Fat %:						
Fitness Goal:	Strength/Muscle Building/Fat Loss/Endurance/Other:					
Total Sleep (HRS):						
ACCOMPLISHMENT OF						
THE WEEK:						
GOALS:		MET		BEAT		TRY AGAIN!
		<u> </u>				
CADDIO/AEDOI	DIC/CONDI	TIONING EXERCISE	NOTES			
CARDIO/AEROI	BIC/CONDI	TIONING EXERCISE	INOTES			
TOTAL SESSIONS		MILES/STEPS TOTAL H		OURS TOTAL CALC		EC
TOTAL SESSIONS		WILES/SIEPS TOTAL P		JORS TOTAL CALOR		
WEIGHT, STREI	NGTH & RES	SISTANCE TRAINING	ì			
TOTAL SESSIONS		TOTAL HOURS	HOURS TOTAL EXERCISES		TOTAL SETS	
DIET & MUTDIT	T O N I					
DIET & NUTRIT	<u>ION</u>					
TOTAL CALOR	RIFS FOR THE			TOTAL CALORIES		
WEEK:				D FOR THE WEEK:		
OVERALL		MAIND (DODY (MODICO)	_			
WEEKLY WORKOUT		MIND/BODY/WORKOUT NOTES				
RATING (1-10)		HOTES				