

# Weekly Exercise Summary

Date (Week of): \_\_\_\_\_

Scale Weight:	
Body Fat %:	
Fitness Goal:	Strength/Muscle Building/Fat Loss/Endurance/Other:
Total Sleep (HRS):	

<b>ACCOMPLISHMENT OF THE WEEK:</b>	
------------------------------------	--

<b>GOALS:</b>	<b>MET</b>	<b>BEAT</b>	<b>TRY AGAIN!</b>
---------------	------------	-------------	-------------------

## CARDIO/AEROBIC/CONDITIONING EXERCISE NOTES

TOTAL SESSIONS	MILES/STEPS	TOTAL HOURS	TOTAL CALORIES

---

---

---

---

## WEIGHT, STRENGTH & RESISTANCE TRAINING

TOTAL SESSIONS	TOTAL HOURS	TOTAL EXERCISES	TOTAL SETS

---

---

---

---

## DIET & NUTRITION

<b>TOTAL CALORIES FOR THE WEEK:</b>		<b>TOTAL CALORIES BURNED FOR THE WEEK:</b>	
-------------------------------------	--	--	--

---

---

---

---

<b>OVERALL WEEKLY WORKOUT RATING (1-10)</b>		<b>MIND/BODY/WORKOUT NOTES:</b>	
---	--	---------------------------------	--