


WEEKLY FITNESS *journal*




THIS WEEK'S GOALS: _____

Sunday 

CARDIO STRENGTH OTHER

Activity _____


Minutes _____ Calories _____

Monday 

CARDIO STRENGTH OTHER

Activity _____


Minutes _____ Calories _____

Tuesday 

CARDIO STRENGTH OTHER

Activity _____


Minutes _____ Calories _____

Wednesday 

CARDIO STRENGTH OTHER

Activity _____


Minutes _____ Calories _____

Thursday 

CARDIO STRENGTH OTHER

Activity _____


Minutes _____ Calories _____

Friday 

CARDIO STRENGTH OTHER

Activity _____

Minutes _____ Calories _____

Saturday 

CARDIO STRENGTH OTHER

Activity _____

Minutes _____ Calories _____

This Week's Check-In

Weight: _____

Pounds Lost: _____