



Day/Date	am/pm	Warm Up		Work Out		Cool Down		Comments 😊 😐 😞
		Time/Dist	Heart Rate	Time/Dist	Heart Rate	Time/Dist	Heart Rate	
Mon								😊 😐 😞
Tue								😊 😐 😞
Wed								😊 😐 😞
Thu								😊 😐 😞
Fri								😊 😐 😞
Sat								😊 😐 😞
Sun								😊 😐 😞

Weekly goal- no. of workouts

Weekly achievement- no. of workouts

Overall Comments:



Day/Date	am/pm	Warm Up		Work Out		Cool Down		Comments 😊 😐 😞
		Time/Dist	Heart Rate	Time/Dist	Heart Rate	Time/Dist	Heart Rate	
Mon								😊 😐 😞
Tue								😊 😐 😞
Wed								😊 😐 😞
Thu								😊 😐 😞
Fri								😊 😐 😞
Sat								😊 😐 😞
Sun								😊 😐 😞

Weekly goal- no. of workouts

Weekly achievement- no. of workouts

Overall Comments: