



example

Day/Date	am/pm	Warm Up		Work Out		Cool Down		Comments ☺ ☹ ☹
		Time/Dist	Heart Rate	Time/Dist	Heart Rate	Time/Dist	Heart Rate	
Mon 8/9 10:30	am	5 mins 500m	105	25 mins 3.5k	145	5 mins 500m	110	☺ ☹ ☹ feeling good
Tue 9/9 7:00	pm	5 mins 500m	100	30 mins 3.6k	140	5 mins 500m	108	☺ ☹ ☹ good relaxing workout
Wed 10/9								☺ ☹ ☹ meetings and travel
Thu 11/9 8:00	pm	5 mins 500m	105	20 mins 2.5k	142	3 mins 300m	105	☺ ☹ ☹ a bit sluggish today
Fri 12/9 7:00	pm	5 mins 500m	102	40 mins 4.5k	135	5 mins 400m	103	☺ ☹ ☹ low intensity, long workout
Sat 13/9								☺ ☹ ☹ wedding
Sun 14/9 11:00	pm	5 mins 500m	100	30 mins 6k	160	5 mins 500m	115	☺ ☹ ☹ harder workout today felt good

Weekly goal- no. of workouts 5 Weekly achievement- no. of workouts 5 Overall Comments: *feeling motivated and generally healthier*



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Mon								☺ ☹ ☹
Tue								☺ ☹ ☹
Wed								☺ ☹ ☹
Thu								☺ ☹ ☹
Fri								☺ ☹ ☹
Sat								☺ ☹ ☹
Sun								☺ ☹ ☹

Weekly goal- no. of workouts Weekly achievement- no. of workouts Overall Comments: