

Day: Date:

Aerobic Activity:

Activity	Time	Duration	Distance	Target H.R.	Time In Zone	Average H.R.	Energy Burned

H.R. = Heart Rate. Zone = Target Heart Rate Zone.

Weight Training Activity:

Start: _____ Finish: _____

Exercise	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps

Start = Workout Start Time. Finish = Workout Finish Time. Wgt = Weight (kgs or lbs). Reps = Repetitions

Other Information:

Hour Slept	Appetite			Mood			Energy			Motivation			Body Weight
	G	A	P	G	A	P	G	A	P	G	A	P	

Hour Slept = Hours Slept Last night. G = Good. A = Average. P = Poor.