Workout Journal

GOAL:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**
	Minutes	**Minutes**	**Minutes**	**Minutes**	**Minutes**	**Minutes**	**Minutes**
	_____	_____	_____	_____	_____	_____	_____
Dates:	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**
	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____
WEEK 2	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**
	Minutes	**Minutes**	**Minutes**	**Minutes**	**Minutes**	**Minutes**	**Minutes**
	_____	_____	_____	_____	_____	_____	_____
Dates:	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**
	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____
WEEK 3	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**
	Minutes	**Minutes**	**Minutes**	**Minutes**	**Minutes**	**Minutes**	**Minutes**
	_____	_____	_____	_____	_____	_____	_____
Dates:	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**
	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 4	Cardio:	Cardio:	Cardio:	Cardio:	Cardio:	Cardio:	Cardio:
	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes
	_____	_____	_____	_____	_____	_____	_____
Dates:	Strength:	Strength:	Strength:	Strength:	Strength:	Strength:	Strength:
	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____
WEEK 5	Cardio:	Cardio:	Cardio:	Cardio:	Cardio:	Cardio:	Cardio:
	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes
	_____	_____	_____	_____	_____	_____	_____
Dates:	Strength:	Strength:	Strength:	Strength:	Strength:	Strength:	Strength:
	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____
WEEK 6	Cardio:	Cardio:	Cardio:	Cardio:	Cardio:	Cardio:	Cardio:
	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes
	_____	_____	_____	_____	_____	_____	_____
Dates:	Strength:	Strength:	Strength:	Strength:	Strength:	Strength:	Strength:
	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 7	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**
	Minutes	**Minutes**	**Minutes**	**Minutes**	**Minutes**	**Minutes**	**Minutes**
Dates:	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**
	_____	_____	_____	_____	_____	_____	_____
WEEK 8	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**	**Cardio:**
	Minutes	**Minutes**	**Minutes**	**Minutes**	**Minutes**	**Minutes**	**Minutes**
Dates:	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**	**Strength:**
	_____	_____	_____	_____	_____	_____	_____