



Date	Type of Workout	Type of Exercise	Average Heart Rate	Maximum Heart Rate	Total Time	Estimated Calories Burned
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Notes:

Weekly Weigh-In:



Date	Type of Workout	Type of Exercise	Average Heart Rate	Maximum Heart Rate	Total Time	Estimated Calories Burned
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Notes:

Weekly Weigh-In: