

Weekly Fitness Journal

This Week's Goals:

 **Monday**

CARDIO **STRENGTH** **OTHER**

Activity _____

Minutes _____ Calories _____

 **Tuesday**

CARDIO **STRENGTH** **OTHER**

Activity _____

Minutes _____ Calories _____

 **Wednesday**

CARDIO **STRENGTH** **OTHER**

Activity _____

Minutes _____ Calories _____

 **Thursday**

CARDIO **STRENGTH** **OTHER**

Activity _____

Minutes _____ Calories _____

 **Friday**

CARDIO **STRENGTH** **OTHER**

Activity _____

Minutes _____ Calories _____

 **Saturday**

CARDIO **STRENGTH** **OTHER**

Activity _____

Minutes _____ Calories _____

 **Sunday**

CARDIO **STRENGTH** **OTHER**

Activity _____

Minutes _____ Calories _____

This week's Check-in

Weight: _____

Pounds Lost: _____