

**WEEK BEGINNING:**    /    /    **Planned Weekly Hours:** \_\_\_\_\_

**GOALS:** (check as achieved)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**WEEKLY THOUGHTS:**

\_\_\_\_\_  
\_\_\_\_\_

**MONDAY:**    /    /

**WORKOUT TYPE:**

- walk    run    swim    bike    yoga    other

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DAILY:**

- weight:  
resting hr:  
energy:    poor    good    excellent

**RESULTS:**

- time:  
distance:  
intensity:    easy    medium    hard

**TUESDAY:**    /    /

**WORKOUT TYPE:**

- walk    run    swim    bike    yoga    other

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DAILY:**

- weight:  
resting hr:  
energy:    poor    good    excellent

**RESULTS:**

- time:  
distance:  
intensity:    easy    medium    hard

**WEDNESDAY:**    /    /

**WORKOUT TYPE:**

- walk    run    swim    bike    yoga    other

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DAILY:**

- weight:  
resting hr:  
energy:    poor    good    excellent

**RESULTS:**

- time:  
distance:  
intensity:    easy    medium    hard