Weekly Treadmill Workout Log

Name_____

Week #_____	Time	Speed	Distance	Calories	Incline	Pre-set	Routine/notes				
Sunday Date_____ am pm											
	Time	Speed	Distance	Calories	Incline	Pre-set	Routine/notes				
Monday Date_____ am pm											
	Time	Speed	Distance	Calories	Incline	Pre-set	Routine/notes				
Tuesday Date_____ am pm											
	Time	Speed	Distance	Calories	Incline	Pre-set	Routine/notes				
Wednesday Date _____ am pm											
	Time	Speed	Distance	Calories	Incline	Pre-set	Routine/notes				
Thursday Date _____ am pm											
	Time	Speed	Distance	Calories	Incline	Pre-set	Routine/notes				
Friday Date _____ am pm											
	Time	Speed	Distance	Calories	Incline	Pre-set	Routine/notes				
Saturday Date_____ am pm											

Date_____	Stats:	Weight	Waist	Hips	Thigh	Bust	Comments