

Weekly Exercise Summary

Date (Week of): _____

Scale Weight:	
Body Fat %:	
Fitness Goal:	Strength/Muscle Building/Fat Loss/Endurance/Other:
Total Sleep (HRS):	

ACCOMPLISHMENT OF THE WEEK:	
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GOALS:	MET	BEAT	TRY AGAIN!
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CARDIO/AEROBIC/CONDITIONING EXERCISE NOTES

TOTAL SESSIONS	MILES/STEPS	TOTAL HOURS	TOTAL CALORIES

WEIGHT, STRENGTH & RESISTANCE TRAINING

TOTAL SESSIONS	TOTAL HOURS	TOTAL EXERCISES	TOTAL SETS

DIET & NUTRITION

TOTAL CALORIES FOR THE WEEK:		TOTAL CALORIES BURNED FOR THE WEEK:	
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OVERALL WEEKLY WORKOUT RATING (1-10)		MIND/BODY/WORKOUT NOTES:	
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