Weekly T	readm	nill Wo	rkout	Log			Name		
/eek #	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 Dateam 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		peed	DISTAIRCE	Calules	meane	r i e-set			
Date	Stats:	Weight	Waist	Hips	Thigh	Bust	Comments		