

Get Fit! Stay Fit! Weekly Workout Log

Week of: _____

Date	Exercise	Strength Exercises			Cardio Exercises			Notes
		Sets	Reps	Weight	Time Spent	Distance	Interval	
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Include a 5 minute warm up at the beginning and 5 minute cool down at the end of your workouts