



Exercise Log for week of_____

Goals for Week	Goal Accomplished	
Days of Aerobic Exercise:	O Yes O No	
Days of Weight Training:	O Yes O No	
Days of Cross Training:	O Yes O No	
Total Exercise Time:	O Yes O No	

Date	Туре	Exercise	Duration	Intensity	Notes
	 Aerobic Cross Train Weights Other 				
	 Aerobic Cross Train Weights Other 				
	 Aerobic Cross Train Weights Other 				
	 Aerobic Cross Train Weights Other 				
	 Aerobic Cross Train Weights Other 				
	AerobicCross TrainWeightsOther				
	AerobicCross TrainWeightsOther				