**WEEK BEGINNING: / /** **Planned Weekly Hours: \_\_\_\_\_\_\_\_\_\_\_**

****

**GOALS:** (check as achieved)

 1.

 2.

 3.

**WEEKLY THOUGHTS:**

****

**MONDAY:** **/** **/**

**WORKOUT TYPE:**

 **walk  run  swim  bike  yoga  other**

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)



**TUESDAY:** **/** **/**

**WORKOUT TYPE:**

 **walk  run  swim  bike  yoga  other**

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)



**WEDNESDAY:** **/** **/**

**WORKOUT TYPE:**

 **walk  run  swim  bike  yoga  other**

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)



**DAILY:**

weight:

resting hr:

energy:  **poor  good  excellent**

**RESULTS:**

time:

distance:

intensity:  **easy  medium  hard**

****

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weight:

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**RESULTS:**

time:

distance:

intensity:  **easy  medium  hard**

****

**THURSDAY:** **/** **/**

**WORKOUT TYPE:**

 **walk  run  swim  bike  yoga  other**

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)



**FRIDAY:** **/** **/**

**WORKOUT TYPE:**

 **walk  run  swim  bike  yoga  other**

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)



**SATURDAY:** **/** **/**

**WORKOUT TYPE:**

 **walk  run  swim  bike  yoga  other**

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)



**SUNDAY:** **/** **/**

**WORKOUT TYPE:**

 **walk  run  swim  bike  yoga  other**

**WORKOUT NOTES:**

(weather, soreness, attitude, how session felt)



**DAILY:**

****

weight:

resting hr:

energy:  **poor  good  excellent**

**RESULTS:**

time:

distance:

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****

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