|  |  |  |  |
| --- | --- | --- | --- |
| WORKOUT LOG |  Name: |  |  |
|  |  |  |
|  Facility: |  |  |
|  |  |  |  |  |  |  |  |
| Date | Activity | Time | Distance | Date | Activity | Time | Distance |
|  |  |  |  |  |  |  |  |
|  | Cardio (run/walk/Cycle) |  |  |  | Cardio (run/walk/Cycle) |  |  |
|  | Strength (Weights/CrossFit) |  |  |  | Strength (Weights/CrossFit) |  |  |
| 21-Apr | Flexibility (Yoga/Stretching) |  |  | 26-Apr | Flexibility (Yoga/Stretching) |  |  |
|  | Cardio (run/walk/Cycle) |  |  |  | Cardio (run/walk/Cycle) |  |  |
| 22-Apr | Strength (Weights/CrossFit) |  |  | 27-Apr | Strength (Weights/CrossFit) |  |  |
| Flexibility (Yoga/Stretching) |  |  | Flexibility (Yoga/Stretching) |  |  |
|  | Cardio (run/walk/Cycle) |  |  |  | Cardio (run/walk/Cycle) |  |  |
| 23-Apr | Strength (Weights/CrossFit) |  |  | 28-Apr | Strength (Weights/CrossFit) |  |  |
| Flexibility (Yoga/Stretching) |  |  | Flexibility (Yoga/Stretching) |  |  |
|  | Cardio (run/walk/Cycle) |  |  |  | Cardio (run/walk/Cycle) |  |  |
|  | Strength (Weights/CrossFit) |  |  |  | Strength (Weights/CrossFit) |  |  |
| 24-Apr | Flexibility (Yoga/Stretching) |  |  | 29-Apr | Flexibility (Yoga/Stretching) |  |  |
|  | Cardio (run/walk/Cycle) |  |  |  | Cardio (run/walk/Cycle) |  |  |
| 25-Apr | Strength (Weights/CrossFit) |  |  | 30-Apr | Strength (Weights/CrossFit) |  |  |
| Flexibility (Yoga/Stretching) |  |  | Flexibility (Yoga/Stretching) |  |  |