



Day/Date	am/pm	Warm Up		Work Out		Cool Down		Comments ☺ ☹ ☹
		Time/Dist	Heart Rate	Time/Dist	Heart Rate	Time/Dist	Heart Rate	
Mon								☺ ☹ ☹
Tue								☺ ☹ ☹
Wed								☺ ☹ ☹
Thu								☺ ☹ ☹
Fri								☺ ☹ ☹
Sat								☺ ☹ ☹
Sun								☺ ☹ ☹

Weekly goal- no. of workouts

Weekly achievement- no. of workouts

Overall Comments:



Day/Date	am/pm	Warm Up		Work Out		Cool Down		Comments ☺ ☹ ☹
		Time/Dist	Heart Rate	Time/Dist	Heart Rate	Time/Dist	Heart Rate	
Mon								☺ ☹ ☹
Tue								☺ ☹ ☹
Wed								☺ ☹ ☹
Thu								☺ ☹ ☹
Fri								☺ ☹ ☹
Sat								☺ ☹ ☹
Sun								☺ ☹ ☹

Weekly goal- no. of workouts

Weekly achievement- no. of workouts

Overall Comments: