Weekly Exercise Log

Date:

Day	Cardio					Weight			
Monday	Type of Exercise	Time	Distance	Level	BPM	Targeted Muscle(s)	Reps.	Weight	Intensity
Tuesday	Type of Exercise	Time	Distance	Level	BPM	Targeted Muscle(s)	Reps.	Weight	Intensity
Wednesday	Type of Exercise	Time	Distance	Level	BPM	Targeted Muscle(s)	Reps.	Weight	Intensity
Thursday	Type of Exercise	Time	Distance	Level	BPM	Targeted Muscle(s)	Reps.	Weight	Intensity
Friday	Type of Exercise	Time	Distance	Level	BPM	Targeted Muscle(s)	Reps.	Weight	Intensity
Saturday	Type of Exercise	Time	Distance	Level	BPM	Targeted Muscle(s)	Reps.	Weight	Intensity
Sunday	Type of Exercise	Time	Distance	Level	BPM	Targeted Muscle(s)	Reps.	Weight	Intensity