



example

Day/Date	am/pm	Warm Up		Work Out		Cool Down		Comments ☺ ☹ ☹	
		Time/Dist	Heart Rate	Time/Dist	Heart Rate	Time/Dist	Heart Rate		
Mon 8/9 10:30	am	5 mins	105	25 mins 3.5k	145	5 mins 500m	110	☺ ☹ ☹ feeling good	
Tue 9/9 7:00	pm	5 mins 500m	100	30 mins 3.6k	140	5 mins 500m	108	☺ ☹ ☹ good relaxing workout	
Wed 10/9								☺ ☹ ☹ meetings and travel	
Thu 11/9 8:00	pm	5 mins 500m 5 mins	105	20 mins 2.5k	142	3 mins 300m	105	☹ ☹ ☹ a bit sluggish today	
Fri 12/9 7:00	pm	5 mins 500m	102	40 mins 4.5k	135	5 mins 400m	103	☺ ☹ ☹ low intensity, long workout	
Sat 13/9								☺ ☹ ☹ wedding	
Sun 14/9 11:00	pm	5 mins 500m	100	30 mins 6k	160	5 mins 500m	115	☺ ☹ ☹ harder workout today felt good	
Weekly goal- no. of workouts 5		Total workout time 145 min		Overall Comments: feeling motivated and generally healthier					
Weekly achievement- no. of workouts 5		Total workout distance 20 100 meters							



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Mon								☺ ☹ ☹	
Tue								☺ ☹ ☹	
Wed								☺ ☹ ☹	
Thu								☺ ☹ ☹	
Fri								☺ ☹ ☹	
Sat								☺ ☹ ☹	
Sun								☺ ☹ ☹	
Weekly goal- no. of workouts		Total workout time		Overall Comments:					
Weekly achievement- no. of workouts		Total workout distance							