



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	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		Weekly achievement- no. of workouts 5		Overall Comments:		feeling motivated and generally healthier		



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		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:				