

Weekly Fitness Log

Week of:

Day	Exercise type	Time Spent	Workout intensity	Daily Comments and Progress
Monday	<input type="checkbox"/> Jazzercise <input type="checkbox"/> Other Cardio <input type="checkbox"/> Other Strength Training <input type="checkbox"/> Other Workout:	<input type="checkbox"/> 30 minutes or less <input type="checkbox"/> 1 hour or less <input type="checkbox"/> more than 1 hour	<input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Intense	
Tuesday	<input type="checkbox"/> Jazzercise <input type="checkbox"/> Other Cardio <input type="checkbox"/> Other Strength Training <input type="checkbox"/> Other Workout:	<input type="checkbox"/> 30 minutes or less <input type="checkbox"/> 1 hour or less <input type="checkbox"/> more than 1 hour	<input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Intense	
Wednesday	<input type="checkbox"/> Jazzercise <input type="checkbox"/> Other Cardio <input type="checkbox"/> Other Strength Training <input type="checkbox"/> Other Workout:	<input type="checkbox"/> 30 minutes or less <input type="checkbox"/> 1 hour or less <input type="checkbox"/> more than 1 hour	<input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Intense	
Thursday	<input type="checkbox"/> Jazzercise <input type="checkbox"/> Other Cardio <input type="checkbox"/> Other Strength Training <input type="checkbox"/> Other Workout:	<input type="checkbox"/> 30 minutes or less <input type="checkbox"/> 1 hour or less <input type="checkbox"/> more than 1 hour	<input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Intense	
Friday	<input type="checkbox"/> Jazzercise <input type="checkbox"/> Other Cardio <input type="checkbox"/> Other Strength Training <input type="checkbox"/> Other Workout:	<input type="checkbox"/> 30 minutes or less <input type="checkbox"/> 1 hour or less <input type="checkbox"/> more than 1 hour	<input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Intense	
Saturday	<input type="checkbox"/> Jazzercise <input type="checkbox"/> Other Cardio <input type="checkbox"/> Other Strength Training <input type="checkbox"/> Other Workout:	<input type="checkbox"/> 30 minutes or less <input type="checkbox"/> 1 hour or less <input type="checkbox"/> more than 1 hour	<input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Intense	
Sunday	<input type="checkbox"/> Jazzercise <input type="checkbox"/> Other Cardio <input type="checkbox"/> Other Strength Training <input type="checkbox"/> Other Workout:	<input type="checkbox"/> 30 minutes or less <input type="checkbox"/> 1 hour or less <input type="checkbox"/> more than 1 hour	<input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Intense	