Weekly Fitness Monitoring

Month _____ Week _____

MONDAY

Meals
B:
L:
S:
D:

Water

Workout
Cardio _____ Strenght _____

Calories
in _____ out _____

TUESDAY

Meals
B:
L:
S:
D:

Water

Workout
Cardio _____ Strenght _____

Calories
in _____ out _____

WEDNESDAY

Meals
B:
L:
S:
D:

Water

Workout
Cardio _____ Strenght _____

Calories
in _____ out _____

THURSDAY

Meals
B:
L:
S:
D:

Water

Workout
Cardio _____ Strenght _____

Calories
in _____ out _____

FRIDAY

Meals
B:
L:
S:
D:

Water

Workout
Cardio _____ Strenght _____

Calories
in _____ out _____

SATURDAY

Meals
B:
L:
S:
D:

Water

Workout
Cardio _____ Strenght _____

Calories
in _____ out _____

SUNDAY

Meals
B:
L:
S:
D:

Water

Workout
Cardio _____ Strenght _____

Calories
in _____ out _____

NOTES