



# fitsugar

# Fitness Journal

week of \_\_\_\_\_



## Cardio

Time/Duration

Distance

Average Heart Rate

Max Heart Rate

Calories Burned

Level/Speed/Resistance

date:-----



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Time/Duration

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## Strength Training

Exercise Name

Body Part Worked

Weight

Number of Sets

Number of Reps

date:-----



## Strength Training

Exercise Name

Body Part Worked

Weight

Number of Sets

Number of Reps

date:-----