



fitsugar

Fitness Journal

week of _____



Cardio

Time/Duration

Distance

Average Heart Rate

Max Heart Rate

Calories Burned

Level/Speed/Resistance

date:-----



Cardio

Time/Duration

Distance

Average Heart Rate

Max Heart Rate

Calories Burned

Level/Speed/Resistance

date:-----



Cardio

Time/Duration

Distance

Average Heart Rate

Max Heart Rate

Calories Burned

Level/Speed/Resistance

date:-----



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:-----