

Cardio Workouts

Name _____

Goals _____

Week of _____

Bicycling				
Date	Warm Up	Time Spent	Cool Down	Notes
/ /				
/ /				
/ /				
/ /				
Running/Jogging				
/ /				
/ /				
/ /				
/ /				
Walking				
/ /				
/ /				
/ /				
/ /				
Swimming				
/ /				
/ /				
/ /				
/ /				
Aerobics				
/ /				
/ /				
/ /				
/ /				
Rowing				
/ /				
/ /				
/ /				
/ /				
/ /				

Weight Training Chart

Name _____

Goals _____

Date	Exercise	Weight	Sets	Reps	Notes
Legs/Calves					
/ /					
/ /					
/ /					
/ /					
/ /					
/ /					
/ /					
Back					
/ /					
/ /					
/ /					
/ /					
/ /					
Chest					
/ /					
/ /					
/ /					
/ /					
Shoulders					
/ /					
/ /					
/ /					
/ /					
Arms					
/ /					
/ /					
/ /					
/ /					
/ /					
/ /					
Abdominals					
/ /					
/ /					
/ /					
/ /					
/ /					