



# Fitness Log

Name \_\_\_\_\_

Week \_\_\_\_\_ Dates \_\_\_\_\_ to \_\_\_\_\_

**Weekly Goal:**


## Cardiovascular Training

Day	Cardio	How Long?	Self Observation
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Rate the following Evaluations on a Scale of 1-5—1=Poor 5=Excellent. Explain rating briefly.

### Spirit Mind Body Daily Evaluation

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

### Nutrition Daily Self Evaluation

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	





# Fitness Log

Name \_\_\_\_\_

Week \_\_\_\_\_ Dates \_\_\_\_\_ to \_\_\_\_\_

**Weekly Goal:**


## Cardiovascular Training

Day	Cardio	How Long?	Self Observation
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Rate the following Evaluations on a Scale of 1-5—1=Poor 5=Excellent. Explain rating briefly.

### Spirit Mind Body Daily Evaluation

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

### Nutrition Daily Self Evaluation

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	





# Fitness Log

Name \_\_\_\_\_

Week \_\_\_\_\_ Dates \_\_\_\_\_ to \_\_\_\_\_

**Weekly Goal:**


## Cardiovascular Training

Day	Cardio	How Long?	Self Observation
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Rate the following Evaluations on a Scale of 1-5—1=Poor 5=Excellent. Explain rating briefly.

### Spirit Mind Body Daily Evaluation

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

### Nutrition Daily Self Evaluation

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	





# Fitness Log

Name \_\_\_\_\_

Week \_\_\_\_\_ Dates \_\_\_\_\_ to \_\_\_\_\_

**Weekly Goal:**


## Cardiovascular Training

Day	Cardio	How Long?	Self Observation
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Rate the following Evaluations on a Scale of 1-5—1=Poor 5=Excellent. Explain rating briefly.

### Spirit Mind Body Daily Evaluation

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

### Nutrition Daily Self Evaluation

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	





# Fitness Log

Name \_\_\_\_\_

Week \_\_\_\_\_ Dates \_\_\_\_\_ to \_\_\_\_\_

**Weekly Goal:**


## Cardiovascular Training

Day	Cardio	How Long?	Self Observation
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Rate the following Evaluations on a Scale of 1-5—1=Poor 5=Excellent. Explain rating briefly.

### Spirit Mind Body Daily Evaluation

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

### Nutrition Daily Self Evaluation

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	





# Fitness Log

Name \_\_\_\_\_

Week \_\_\_\_\_ Dates \_\_\_\_\_ to \_\_\_\_\_

**Weekly Goal:**


## Cardiovascular Training

Day	Cardio	How Long?	Self Observation
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Rate the following Evaluations on a Scale of 1-5—1=Poor 5=Excellent. Explain rating briefly.

### Spirit Mind Body Daily Evaluation

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

### Nutrition Daily Self Evaluation

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	





# Fitness Log

Name \_\_\_\_\_

Week \_\_\_\_\_ Dates \_\_\_\_\_ to \_\_\_\_\_

**Weekly Goal:**


## Cardiovascular Training

Day	Cardio	How Long?	Self Observation
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Rate the following Evaluations on a Scale of 1-5—1=Poor 5=Excellent. Explain rating briefly.

### Spirit Mind Body Daily Evaluation

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

### Nutrition Daily Self Evaluation

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	





# Fitness Log

Name \_\_\_\_\_

Week \_\_\_\_\_ Dates \_\_\_\_\_ to \_\_\_\_\_

**Weekly Goal:**


## Cardiovascular Training

Day	Cardio	How Long?	Self Observation
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Rate the following Evaluations on a Scale of 1-5—1=Poor 5=Excellent. Explain rating briefly.

Spirit Mind Body Daily Evaluation	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Nutrition Daily Self Evaluation	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

