

Weekly Fitness Monitoring

MONDAY

Meals	WATER
B:	
L:	
S:	   
D:	   
Workout:	Calories in:
Cardio _____	
Strength _____	Calories out:

TUESDAY

Meals	WATER
B:	
L:	
S:	   
D:	   
Workout:	Calories in:
Cardio _____	
Strength _____	Calories out:

WEEKLY

FITNESS MONITORING

Sheet

Month: _____

Week: _____

WEDNESDAY

Meals	WATER
B:	
L:	
S:	   
D:	   
Workout:	Calories in:
Cardio _____	
Strength _____	Calories out:

THURSDAY

Meals	WATER
B:	
L:	
S:	   
D:	   
Workout:	Calories in:
Cardio _____	
Strength _____	Calories out:

SUNDAY

Meals	WATER
B:	
L:	
S:	   
D:	   
Workout:	Calories in:
Cardio _____	
Strength _____	Calories out:

FRIDAY

Meals	WATER
B:	
L:	
S:	   
D:	   
Workout:	Calories in:
Cardio _____	
Strength _____	Calories out:

SATURDAY

Meals	WATER
B:	
L:	
S:	   
D:	   
Workout:	Calories in:
Cardio _____	
Strength _____	Calories out:

NOTES
