

# FREE PRINTABLE

## *fitness journal*

# WEEKLY FITNESS

## *journal*



THIS WEEK'S GOALS: \_\_\_\_\_

Sunday



CARDIO  STRENGTH  OTHER

Activity \_\_\_\_\_

Minutes \_\_\_\_\_

Calories \_\_\_\_\_

Monday



CARDIO  STRENGTH  OTHER

Activity \_\_\_\_\_

Minutes \_\_\_\_\_

Calories \_\_\_\_\_

Tuesday



CARDIO  STRENGTH  OTHER

Activity \_\_\_\_\_

Minutes \_\_\_\_\_

Calories \_\_\_\_\_

Wednesday



CARDIO  STRENGTH  OTHER

Activity \_\_\_\_\_

Minutes \_\_\_\_\_

Calories \_\_\_\_\_

Thursday



CARDIO  STRENGTH  OTHER

Activity \_\_\_\_\_

Minutes \_\_\_\_\_

Calories \_\_\_\_\_

Friday



CARDIO  STRENGTH  OTHER

Activity \_\_\_\_\_

Minutes \_\_\_\_\_

Calories \_\_\_\_\_

Saturday



CARDIO  STRENGTH  OTHER

This Week In

**FREEBIE  
FINDING**

*Mom*

Weight \_\_\_\_\_