

Fit Is It

Week # _____

Date _____

Sunday	Weight:		Sets/Reps	Time	Distance	Total Time
		Cardio				
		Strength				
		Flexibility				
		Other				

Monday	Weight:		Sets/Reps	Time	Distance	Total Time
		Cardio				
		Strength				
		Flexibility				
		Other				

Tuesday	Weight:		Sets/Reps	Time	Distance	Total Time
		Cardio				
		Strength				
		Flexibility				
		Other				

Wednesday	Weight:		Sets/Reps	Time	Distance	Total Time
		Cardio				
		Strength				
		Flexibility				
		Other				

Thursday	Weight:		Sets/Reps	Time	Distance	Total Time
		Cardio				
		Strength				
		Flexibility				
		Other				

Friday	Weight:		Sets/Reps	Time	Distance	Total Time
		Cardio				
		Strength				
		Flexibility				
		Other				

Saturday	Weight:		Sets/Reps	Time	Distance	Total Time
		Cardio				
		Strength				
		Flexibility				
		Other				

Weekly Totals	Weight:		Sets/Reps	Time	Distance	Total Time
		Cardio				
		Strength				
		Flexibility				
		Other				