

Monthly Exercise Log

Name: _____

Age: _____

Weight: _____



Exercise/Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Date: _____							
Cardio:							
Strength Training:							
Sport:							
Other:							
Week 2 Date: _____							
Cardio:							
Strength Training:							
Sport:							
Other:							
Week 3 Date: _____							
Cardio:							
Strength Training:							
Sport:							
Other:							
Week 4 Date: _____							
Cardio:							
Strength Training:							
Sport:							
Other:							