

Activity Log

Date: _____ Day: _____

CARDIO

Activity	Workout Details	Duration (min)	Avg. Heart Rate/ RPE	Exercise Steps	Total Steps 24 hrs	Total Cals Burned 24 hrs

STRENGTH TRAINING**Muscles Groups**
 Back Chest Shoulders Arms Legs Abs

Exercises	Set 1		Set 2	
	Weight	Reps	Weight	Reps

CLASSES
 Yoga Pilates Spinning Aerobics Other _____
 30 mins 45 mins 60 mins 90 mins
STRETCHING Yes No**NOTES** _____
