FITNESS DIARY

healthybalance fitness

Name _____ Week # _____

DAY (RECORD DATE)	TYPE OF EXERCISE	DURATION (MIN.)	HEART RATE RANGE/ RPE	WORKOUT DETAILS	Exercise Steps	EXERCISE Calorie Burn	Total Steps (24 hour)	Total Cal. Burn (24 hour)
Date/Date:								
Goals								
Actual								
Comments								
Date/Date:								
Goals								
Actual								
Comments								
Date/Date:								
Goals								
Actual								
Comments								
Date/Date:								
Goals								
Actual								
Comments								
Date/Date:								
Goals								
Actual								
Comments								
Date/Date:								
Goals								
Actual								
Comments								
Date/Date:								
Goals								
Actual								
Comments								
TOTALS								

*This heart rate reflects exercise HR after warm up and before cool down