

Workout Log

Start Date: _____ End Date: _____

Week		Day of the Week							Totals
1	Workout Circuits								
1	Cardio Workouts								
2	Workout Circuits								
2	Cardio Workouts								
3	Workout Circuits								
3	Cardio Workouts								
4	Workout Circuits								
4	Cardio Workouts								
5	Workout Circuits								
5	Cardio Workouts								
6	Workout Circuits								
6	Cardio Workouts								
7	Workout Circuits								
7	Cardio Workouts								
8	Workout Circuits								
8	Cardio Workouts								