

Weekly Workout Log

FITNESSCLERK



Week of: _____

My focus: _____

Write down what you did. A few notes are enough.

DAY / DATE	ACTIVITY	TIME SPENT	NOTES
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

How did the week go?

What worked: _____

Next week: _____

Use this for your own notes. This sheet does not provide a workout prescription.