



**Weekly Training Log Name:**

**Week of:**

- Plan ahead what time of day you're going to do your scheduled workout(s) on each day for the week!
- Record the intensity of the workout, whether it was strength, endurance, trick practice, flexibility, cardio, etc.
- Record your energy levels throughout the week: persistent low energy may indicate a need to step back on training, and/or address your nutrition, stress levels, sleep schedule, etc.
- On the second page you have more room to track individual exercises and their details.

Monday Workouts Scheduled:	Time of Workouts:	Energy Level (1-10):	Comments, Intensity, Exercise Type, Issues, Etc.:
<i>Ex. Fly FIIT</i>	<i>12pm-1pm</i>	<i>5</i>	<i>R hip angry, don't understand the Tick Tocks exercise, love burpees!</i>

Tuesday Workouts Scheduled:	Time of Workouts:	Energy Level (1-10):	Comments, Intensity, Exercise Type, Issues, Etc.:

Wednesday Workouts Scheduled:	Time of Workouts:	Energy Level (1-10):	Comments, Intensity, Exercise Type, Issues, Etc.:

Thursday Workouts Scheduled:	Time of Workouts:	Energy Level (1-10):	Comments, Intensity, Exercise Type, Issues, Etc.:

Friday Workouts Scheduled:	Time of Workouts:	Energy Level (1-10):	Comments, Intensity, Exercise Type, Issues, Etc.:

Saturday Workouts Scheduled:	Time of Workouts:	Energy Level (1-10):	Comments, Intensity, Exercise Type, Issues, Etc.:

Sunday Workouts Scheduled:	Time of Workouts:	Energy Level (1-10):	Comments, Intensity, Exercise Type, Issues, Etc.:

