# Example of a training log for Fitness

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | | | **Date** | | **Week** | |
|  | | | | | | |
|  |  | **Training Activities** | **Cardiovascular Development** | **Muscular Development** | | **Feelings** |
| **Mon** | am |  |  |  | |  |
| pm |  |  |  | |  |
| **Tues** | am |  |  |  | |  |
| pm |  |  |  | |  |
| **Wed** | am |  |  |  | |  |
| pm |  |  |  | |  |
| **Thurs** | am |  |  |  | |  |
| pm |  |  |  | |  |
| **Fri** | am |  |  |  | |  |
| pm |  |  |  | |  |
| **Sat** | am |  |  |  | |  |
| pm |  |  |  | |  |
| **Sun** | am |  |  |  | |  |
| pm |  |  |  | |  |