# 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 |  |  |  |  |