# fitsugar® fitness journal

week of .....

## Cardio

| date: | | date: | | date: | |
|---|---|---|---|---|---|
| Time/Duration | | Time/Duration | | Time/Duration | |
| Distance | | Distance | | Distance | |
| Average Heart Rate | | Average Heart Rate | | Average Heart Rate | |
| Max Heart Rate | | Max Heart Rate | | Max Heart Rate | |
| Calories Burned | | Calories Burned | | Calories Burned | |
| Level/Speed/Resistance | | Level/Speed/Resistance | | Level/Speed/Resistance | |

## Strength Training

| date: | Exercise Name | Body Part Worked | Weight | Number of Sets | Number of Reps |
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| date: | Exercise Name | Body Part Worked | Weight | Number of Sets | Number of Reps |
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