

MONDAY

Meals	WATER
B:	
L:	
S:	
D:	
Workout:	Calories in:
Cardio _____	Calories out:
Strength _____	

TUESDAY

Meals	WATER
B:	
L:	
S:	
D:	
Workout:	Calories in:
Cardio _____	Calories out:
Strength _____	

WEDNESDAY

Meals	WATER
B:	
L:	
S:	
D:	
Workout:	Calories in:
Cardio _____	Calories out:
Strength _____	

WEEKLY

FITNESS MONITORING

Sheet

Month: _____

Week: _____

THURSDAY

Meals	WATER
B:	
L:	
S:	
D:	
Workout:	Calories in:
Cardio _____	Calories out:
Strength _____	

FRIDAY

Meals	WATER
B:	
L:	
S:	
D:	
Workout:	Calories in:
Cardio _____	Calories out:
Strength _____	

SATURDAY

Meals	WATER
B:	
L:	
S:	
D:	
Workout:	Calories in:
Cardio _____	Calories out:
Strength _____	

SUNDAY

Meals	WATER
B:	
L:	
S:	
D:	
Workout:	Calories in:
Cardio _____	Calories out:
Strength _____	

NOTES