Personal Fitness Logs

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								