

Move FRESH

Fitness Tracking Sheet

Date 5/29/15

S M T W Th F **S**

Exercise	Type	Set 1 Lbs/Reps	Set 2 Lbs/Reps	Set 3 Lbs/Reps
<i>Walking</i>	C ST	30 min		
<i>Hand Weights</i>	C ST	5lbs/10	5lbs/15	5lbs/10
	C ST			
	C ST			
	C ST			
	C ST			
	C ST			
	C ST			

EXAMPLE

C = Cardio ST = Strength Training

Move FRESH Journal/Notes

Worked out at gym, walked during lunch break. Left knee hurting, but had more energy throughout day

Tomorrow's Goal

Walk 45 minutes and increase weights to 7 lbs.

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Date / /

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Exercise	Type	Set 1 Lbs/Reps	Set 2 Lbs/Reps	Set 3 Lbs/Reps
	C ST			
	C ST			
	C ST			
	C ST			
	C ST			
	C ST			
	C ST			
	C ST			

C = Cardio ST = Strength Training

Move FRESH Journal/Notes

Tomorrow's Goal