

Week of:

Day	Exercise type	Time spent	Workout intensity	Overall satisfaction			Daily reflection / Rating
Monday	<input type="checkbox"/> Low-impact cardio <input type="checkbox"/> High-impact cardio <input type="checkbox"/> Strength <input type="checkbox"/> Stretch/balance <input type="checkbox"/> Other:	<input type="checkbox"/> 20 minutes and under <input type="checkbox"/> 40 minutes and under <input type="checkbox"/> 60 minutes and under <input type="checkbox"/> 60 minutes and over	<input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Intense		High	Low	
				Workout			
				Diet			
				Energy			
				Stress			Rating: /5
Tuesday	<input type="checkbox"/> Low-impact cardio <input type="checkbox"/> High-impact cardio <input type="checkbox"/> Strength <input type="checkbox"/> Stretch/balance <input type="checkbox"/> Other:	<input type="checkbox"/> 20 minutes and under <input type="checkbox"/> 40 minutes and under <input type="checkbox"/> 60 minutes and under <input type="checkbox"/> 60 minutes and over	<input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Intense		High	Low	
				Workout			
				Diet			
				Energy			
				Stress			Rating: /5
Wednesday	<input type="checkbox"/> Low-impact cardio <input type="checkbox"/> High-impact cardio <input type="checkbox"/> Strength <input type="checkbox"/> Stretch/balance <input type="checkbox"/> Other:	<input type="checkbox"/> 20 minutes and under <input type="checkbox"/> 40 minutes and under <input type="checkbox"/> 60 minutes and under <input type="checkbox"/> 60 minutes and over	<input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Intense		High	Low	
				Workout			
				Diet			
				Energy			
				Stress			Rating: /5
Thursday	<input type="checkbox"/> Low-impact cardio <input type="checkbox"/> High-impact cardio <input type="checkbox"/> Strength <input type="checkbox"/> Stretch/balance <input type="checkbox"/> Other:	<input type="checkbox"/> 20 minutes and under <input type="checkbox"/> 40 minutes and under <input type="checkbox"/> 60 minutes and under <input type="checkbox"/> 60 minutes and over	<input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Intense		High	Low	
				Workout			
				Diet			
				Energy			
				Stress			Rating: /5
Friday	<input type="checkbox"/> Low-impact cardio <input type="checkbox"/> High-impact cardio <input type="checkbox"/> Strength <input type="checkbox"/> Stretch/balance <input type="checkbox"/> Other:	<input type="checkbox"/> 20 minutes and under <input type="checkbox"/> 40 minutes and under <input type="checkbox"/> 60 minutes and under <input type="checkbox"/> 60 minutes and over	<input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Intense		High	Low	
				Workout			
				Diet			
				Energy			
				Stress			Rating: /5
Saturday	<input type="checkbox"/> Low-impact cardio <input type="checkbox"/> High-impact cardio <input type="checkbox"/> Strength <input type="checkbox"/> Stretch/balance <input type="checkbox"/> Other:	<input type="checkbox"/> 20 minutes and under <input type="checkbox"/> 40 minutes and under <input type="checkbox"/> 60 minutes and under <input type="checkbox"/> 60 minutes and over	<input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Intense		High	Low	
				Workout			
				Diet			
				Energy			
				Stress			Rating: /5
Sunday	<input type="checkbox"/> Low-impact cardio <input type="checkbox"/> High-impact cardio <input type="checkbox"/> Strength <input type="checkbox"/> Stretch/balance <input type="checkbox"/> Other:	<input type="checkbox"/> 20 minutes and under <input type="checkbox"/> 40 minutes and under <input type="checkbox"/> 60 minutes and under <input type="checkbox"/> 60 minutes and over	<input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Intense		High	Low	
				Workout			
				Diet			
				Energy			
				Stress			Rating: /5