

Training Log

Client _____ Week# _____

	SUNDAY	MONDAY	TUES	WED	THURS	FRIDAY	SATURDAY
CARDIO							
STRENGTH							
Water-----	00000000	00000000	00000000	00000000	00000000	00000000	00000000
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							