

# Workout Log

<b>M</b>	CARDIO	LIFTING	
<b>T</b>	TIME CARDIO	WEIGHT/REPS LIFTING	
<b>W</b>	TIME CARDIO	WEIGHT/REPS LIFTING	
<b>T</b>	TIME CARDIO	WEIGHT/REPS LIFTING	
<b>F</b>	TIME CARDIO	WEIGHT/REPS LIFTING	
<b>S</b>	TIME CARDIO	WEIGHT/REPS LIFTING	
<b>S</b>	TIME	WEIGHT/REPS	

# Food Log

WEEK OF: \_\_\_\_\_

<b>M</b>	BREAKFAST	LUNCH	DINNER	SNACKS
<b>T</b>				
<b>W</b>				
<b>T</b>				
<b>F</b>				
<b>S</b>				
<b>S</b>				