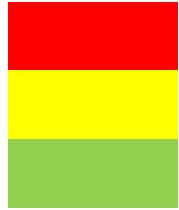


## Exercise Tracker



Awesome session, felt like I pushed myself and got gains

Average session, fairly pleased with how it went

Poor – didn't enjoy it, little energy



- Plan your week in advance.
- Include adequate rest (this can be active rest)
- Remember to colour coordinate your sessions and rate how the session felt.

'Failure to plan is planning to fail'.

Day	Cardio Class	Weights/Resistance	Other exercise (walking, running)	No of steps (10,000 target)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

