

Activity Log:

Date	Activity	Duration	Intensity			Average Heart Rate
			Low	Med	High	
			Low	Med	High	
			Low	Med	High	
			Low	Med	High	
			Low	Med	High	
			Low	Med	High	
			Low	Med	High	
			Low	Med	High	

Weekly Synopsis

	Actual	Goal
Total Cardiovascular time (minutes)		> 100
Total number of muscle conditioning workouts		2
Average glasses of water per day		5-8
Average amount of vegetables per day		5
Average amount of fruit per day		3
Number of days with five small meals/snacks consumed		7
Number of days alcohol was consumed		0-1
Number of days stopped eating 2 hours before bed		7
Number of days you had 7+ hours of sleep		7

Food accomplishment(s) this week: _____

Activity accomplishment(s) this week: _____