

# Fitness Diary

Name: \_\_\_\_\_

If you write down when you exercise, and for how long, you'll have a sense of accomplishment - and a better idea of how much you're managing to fit in (our memories can be tricky!). Remember, even as little as 15 minutes counts!

Date: \_\_\_\_\_ to \_\_\_\_\_

Starting weight: \_\_\_\_\_

	Time	Activity	Place	Calories	Time	Activity	Place	Calories
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

Total time: \_\_\_\_\_ Total calories burned: \_\_\_\_\_

Date: \_\_\_\_\_ to \_\_\_\_\_

Starting weight: \_\_\_\_\_

	Time	Activity	Place	Calories	Time	Activity	Place	Calories
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

Total time: \_\_\_\_\_ Total calories burned: \_\_\_\_\_