



CARDIO TRAINING LOG

Date: _____

Daily Water Intake

Today's Fitness Format:

Aerobic (steady state)

Fitness Intervals

Pre Workout

Energy: Low Medium High

Mood: 😊 😐 ☹️

Today's Fitness Goals:

Duration: _____

Focus: _____

Activity	Duration	Distance/Steps/Stairs	Intensity
	Total Time:		

