

# Daily fitness tracker

Week of \_\_\_\_\_

Goal for the week \_\_\_\_\_

Day	Activity	Intensity (Scale 1-10)	Duration (Mins. or lbs. lifted + reps.)	How I felt	Calories burned
<i>sunday</i>					
<i>monday</i>					
<i>tuesday</i>					
<i>wednesday</i>					
<i>thursday</i>					
<i>friday</i>					
<i>saturday</i>					