



Weekly Record

Week

monday

heart rate/temp

weight/bf%

waist

sleep 1 2 3 4 5 6 7 8 9 10

fatigue 1 2 3 4 5 6 7 8 9 10

soreness 1 2 3 4 5 6 7 8 9 10

meal compliance 1 2 3 4 5 6

tuesday

heart rate/temp

weight/bf%

waist

sleep 1 2 3 4 5 6 7 8 9 10

fatigue 1 2 3 4 5 6 7 8 9 10

soreness 1 2 3 4 5 6 7 8 9 10

meal compliance 1 2 3 4 5 6

wednesday

heart rate/temp

weight/bf%

waist

sleep 1 2 3 4 5 6 7 8 9 10

fatigue 1 2 3 4 5 6 7 8 9 10

soreness 1 2 3 4 5 6 7 8 9 10

meal compliance 1 2 3 4 5 6

thursday

heart rate/temp

weight/bf%

waist

sleep 1 2 3 4 5 6 7 8 9 10

fatigue 1 2 3 4 5 6 7 8 9 10

soreness 1 2 3 4 5 6 7 8 9 10

meal compliance 1 2 3 4 5 6

friday

heart rate/temp

weight/bf%

waist

sleep 1 2 3 4 5 6 7 8 9 10

fatigue 1 2 3 4 5 6 7 8 9 10

soreness 1 2 3 4 5 6 7 8 9 10

meal compliance 1 2 3 4 5 6

saturday

heart rate/temp

weight/bf%

waist

sleep 1 2 3 4 5 6 7 8 9 10

fatigue 1 2 3 4 5 6 7 8 9 10

soreness 1 2 3 4 5 6 7 8 9 10

meal compliance 1 2 3 4 5 6

sunday

heart rate/temp

weight/bf%

waist

sleep 1 2 3 4 5 6 7 8 9 10

fatigue 1 2 3 4 5 6 7 8 9 10

soreness 1 2 3 4 5 6 7 8 9 10

meal compliance 1 2 3 4 5 6

notes/goals

