

Myworkoutarena

Workouts and calories log sheet.(7 weeks)

Write down "Done" if you have done any workout that day. And how long(min). "Done30"

Count Calories and write down. For example "3000kcal"

Submit your sheet [HERE](#)

Name _____ Male/Female Start Date _____

Weight _____ Height _____ BMI _____ Daily Caloric Need _____

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1.	Calories								
	Workout								
2.	Calories								
	Workout								
3.	Calories								
	Workout								
4.	Calories								
	Workout								
5.	Calories								
	Workout								
6.	Calories								
	Workout								
7.	Calories								
	Workout								