

**Multi Exercise Journal Sheet Bi-Weekly**

<u>Multi Exercise Schedule</u>	<u>Level</u>	<u>Intensity</u>	<u>Time/mins.</u>	<u>Water Glasses</u>	1	2	3	4	4	5	6	7	8	9	10	11	12	13	14
					S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Cardio	1-10	1-10	Circle One																
1.			10-25																
2.			25-35																
3.			35-45																
			45-55																
			55-65																
			1 hr & 1/2																

**Weight Lifting Routine**

Multi Exercise Journal Sheet Bi-Weekly

<u>Exercises</u>	<u>Reps</u>	<u>Weight</u>	<u>Reps</u>	<u>Weight</u>	1	2	3	4	4	5	6	7	8	9	10	11	12	13	14
					S	M	T	W	T	F	S	S	M	T	W	T	F	S	S