| Day | Exercise Type | Time Spent | Workout Intensity | Overall Satisfaction | | | Daily Rating |
|---|---|---|---|---|---|---|---|
| **Monday** | ☐ Cardio<br>☐ Stretching<br>☐ Strength | ☐ 30 min<br>☐ 60 min<br>☐ Above 60 | ☐ Light<br>☐ Moderate<br>☐ Intense | | High | Low | Rating: ____/5 |
| | | | | Workout | ☐ | ☐ | |
| | | | | Diet | ☐ | ☐ | |
| **Tuesday** | ☐ Cardio<br>☐ Stretching<br>☐ Strength | ☐ 30 min<br>☐ 60 min<br>☐ Above 60 | ☐ Light<br>☐ Moderate<br>☐ Intense | | High | Low | Rating: ____/5 |
| | | | | Workout | ☐ | ☐ | |
| | | | | Diet | ☐ | ☐ | |
| **Wednesday** | ☐ Cardio<br>☐ Stretching<br>☐ Strength | ☐ 30 min<br>☐ 60 min<br>☐ Above 60 | ☐ Light<br>☐ Moderate<br>☐ Intense | | High | Low | Rating: ____/5 |
| | | | | Workout | ☐ | ☐ | |
| | | | | Diet | ☐ | ☐ | |
| **Thursday** | ☐ Cardio<br>☐ Stretching<br>☐ Strength | ☐ 30 min<br>☐ 60 min<br>☐ Above 60 | ☐ Light<br>☐ Moderate<br>☐ Intense | | High | Low | Rating: ____/5 |
| | | | | Workout | ☐ | ☐ | |
| | | | | Diet | ☐ | ☐ | |
| **Friday** | ☐ Cardio<br>☐ Stretching<br>☐ Strength | ☐ 30 min<br>☐ 60 min<br>☐ Above 60 | ☐ Light<br>☐ Moderate<br>☐ Intense | | High | Low | Rating: ____/5 |
| | | | | Workout | ☐ | ☐ | |
| | | | | Diet | ☐ | ☐ | |
| **Saturday** | ☐ Cardio<br>☐ Stretching<br>☐ Strength | ☐ 30 min<br>☐ 60 min<br>☐ Above 60 | ☐ Light<br>☐ Moderate<br>☐ Intense | | High | Low | Rating: ____/5 |
| | | | | Workout | ☐ | ☐ | |
| | | | | Diet | ☐ | ☐ | |
| **Sunday** | ☐ Cardio<br>☐ Stretching<br>☐ Strength | ☐ 30 min<br>☐ 60 min<br>☐ Above 60 | ☐ Light<br>☐ Moderate<br>☐ Intense | | High | Low | Rating: ____/5 |
| | | | | Workout | ☐ | ☐ | |
| | | | | Diet | ☐ | ☐ | |
| | | | | | | | |