

# Hospital Hill Run Personal Training and Workout Diary

Name: \_\_\_\_\_

Week Ending \_\_\_\_/\_\_\_\_/\_\_\_\_



|           | EXERCISE TYPE | TIME MINUTES | DISTANCE / MILES | INTENSITY LEVEL | HEART RATE | NOTES |
|-----------|---------------|--------------|------------------|-----------------|------------|-------|
| MONDAY    |               |              |                  |                 |            |       |
| TUESDAY   |               |              |                  |                 |            |       |
| WEDNESDAY |               |              |                  |                 |            |       |
| THURSDAY  |               |              |                  |                 |            |       |
| FRIDAY    |               |              |                  |                 |            |       |
| SATURDAY  |               |              |                  |                 |            |       |
| SUNDAY    |               |              |                  |                 |            |       |
| TOTALS    |               |              |                  |                 |            |       |