

Wellness Log

Date: _____

Exercise	Set	Reps	Wt.	Set	Reps	Wt.	Set	Reps	Wt.	Set	Reps	Wt.	Set	Reps	Wt.

Cardio Exercises	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int

Sleep (hours)				
Calories Consumed				