

Date:	am	pm	Workout:	Duration:	Mileage Workout/Cum:
Workout Effort:	Very Easy	Easy	Moderate	Hard	Very Hard
Workout Energy:	Sluggish - 0 +	Tired - 0 +	Lazy - 0 +	Ready - 0 +	Eager - 0 +
Attitude Re Effort:	Oppressed	Burdened	Satisfied	Enjoyed	Exhilarated
Workout Pain:	Tender	Twinge	Ache	Sore	Severe
Life Energy:	Exhausted	Weary	Able to Work	Rested	Energetic
Comments:					
Heart Rate Data:					

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