

Civil Service

# Active Wellbeing 2022

Workout Log – Cardio



	Type of Exercise	Time	Distance	Intensity	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

# Active Wellbeing 2022

## Workout Log - Resistance Training



	Sets	Reps	Weight	Intensity	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					