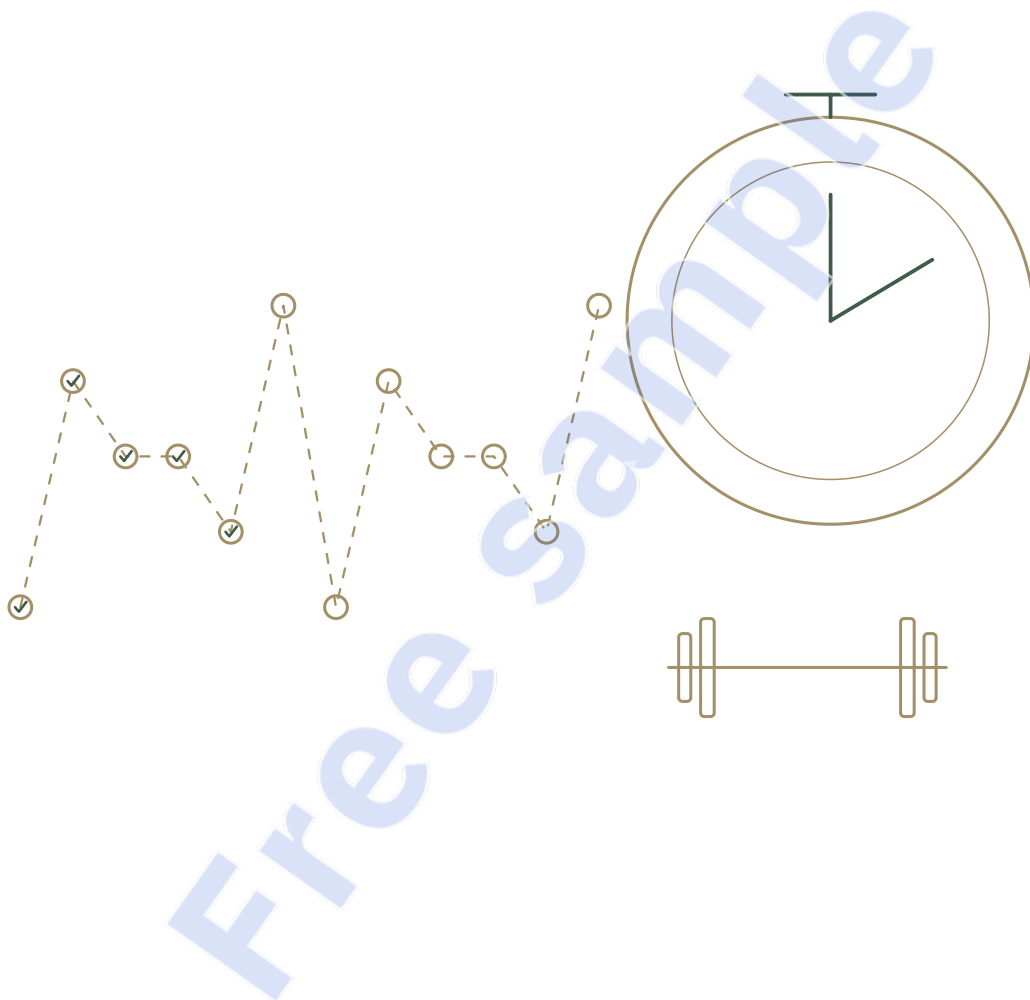




My Session Log

12 weeks to log your walks, your runs
and your gym sessions, at your own pace



Name: _____

Start: _____

Printable edition · A4 · UK edition (km, kg)

🔗 My Typical Week

Note, day by day, what is possible in your life. This is not a commitment.

Day	Possible time	Session type	Possible duration (min)	Rest day
Monday				☐
Tuesday				☐
Wednesday				☐
Thursday				☐
Friday				☐
Saturday				☐
Sunday				☐

What may change my rhythm (work, family, a period of fasting, a holiday, travel):

THE 12 WEEKS

Week 1

One page per week. Note what happened, without expecting anything from the next one.

Check the box for the day, then fill in whatever you wish. An empty line is an empty line, not an oversight.

From: _____ To: _____

☐ Flexible week

Day	Session done	Type	Duration (min)	Distance (km)	Feeling from 1 to 5	Rest day
Monday	☐	☐ Walk ☐ Run ☐ Gym ☐ Other			① ② ③ ④ ⑤	☐
Tuesday	☐	☐ Walk ☐ Run ☐ Gym ☐ Other			① ② ③ ④ ⑤	☐
Wednesday	☐	☐ Walk ☐ Run ☐ Gym ☐ Other			① ② ③ ④ ⑤	☐
Thursday	☐	☐ Walk ☐ Run ☐ Gym ☐ Other			① ② ③ ④ ⑤	☐
Friday	☐	☐ Walk ☐ Run ☐ Gym ☐ Other			① ② ③ ④ ⑤	☐
Saturday	☐	☐ Walk ☐ Run ☐ Gym ☐ Other			① ② ③ ④ ⑤	☐
Sunday	☐	☐ Walk ☐ Run ☐ Gym ☐ Other			① ② ③ ④ ⑤	☐

Number of sessions: _____ Total duration (min): _____

Total distance (km): _____

What went well this week:

What I change, if I wish:

THE SESSION SHEETS

Gym sheet

Write exercise names in your own words. The numbers are the ones you actually used.

Date: _____ Week: _____

Place: _____ Duration (min): _____

Exercise	Sets	Reps	Load (kg)	Note

Feeling

1

Very easy

2

Easy

3

Moderate

4

Hard

5

Very hard

THE REVIEWS

Review of weeks 1 to 4

A review every 4 weeks. Look back without judging: you take note, you do not grade yourself.

Go through your week pages and copy the figures. No figure is there to be reached.

Week	Sessions	Total duration (min)	Total distance (km)	Flexible week
Week 1				☐
Week 2				☐
Week 3				☐
Week 4				☐

Total sessions: _____

Total duration (min): _____

What I enjoyed:

What bothered me or did not work:

What I keep, what I change:

electronarium

My Session Log — 12-week journal for walking, running and gym sessions, printable PDF

**Full version at
electronarium.com**

This sample shows 5 of 30 pages.

The complete file is available for instant download after purchase.