

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Distance Swam</b>							
<b>Title of Swimming Workout/ Workout Focus</b>							
<b>Dryland</b>							
<b>Total Calories For Day</b>							
<b>Total Calories Burned</b>							
<b>Net Calories +/-</b>							

Weight at beginning of week:

Weight at the end of the week: