



# WEEKLY WORKOUT REPORT

NAME \_\_\_\_\_  
DATE \_\_\_\_\_

	Training	Workout	Time	Achieved
Monday	Meditation			
	Body			
	Decimal Numbers			
	Binary Numbers			
	Figures			
	Matrices			
Tuesday	Meditation			
	Body			
	Decimal Numbers			
	Binary Numbers			
	Figures			
	Matrices			
Wednesday	Meditation			
	Body			
	Decimal Numbers			
	Binary Numbers			
	Figures			
	Matrices			
Thursday	Meditation			
	Body			
	Decimal Numbers			
	Binary Numbers			
	Figures			
	Matrices			
Friday	Meditation			
	Body			
	Decimal Numbers			
	Binary Numbers			
	Figures			
	Matrices			