pensio

Fitness & Workout Journal

5 min

Log your workouts and reflect on how movement affects your mood, energy, and mindset.

*Note**: This template is designed for personal reflection and self-awareness. It is not a substitute for professional medical advice, diagnosis, or treatment. If you are in crisis, please contact a mental health professional or call your local emergency services.*

SECTION 3

Today's workout

Type:

Duration:

Intensity: (light / moderate / hard)

SECTION 4

Energy level before (1–10):

SECTION 5

Energy level after (1–10):

SECTION 6

How did this workout make me feel emotionally?

SECTION 7

What went well?

SECTION 8

What do I want to focus on next time?

SECTION 9

How was my sleep last night?

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