Week 5			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Totals		Week %'s		Phase Totals		Phase %'s	
		Date	27-Jan-08	28-Jan-08	29-Jan-08	30-Jan-08	31-Jan-08	1-Feb-08	2-Feb-08	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual
Aerobic Training		Planned	120	40	50	30				240		81.9		1370		88.1	
	1	Actual									0		#DIV/0!		82		78.8
		Planned				45				45		15.4		45		2.9	
	2	Actual									0		#DIV/0!		0		0.0
		Planned								0		0.0		100		6.4	
	3	Actual									0		#DIV/0!		22		21.2
		Planned								0		0.0		0		0.0	
	4	Actual									0		#DIV/0!		0		0.0
		Planned			8					8		2.7		40		2.6	
	5	Actual									0		#DIV/0!		0		0.0
Intensity										4 hrs 53 min	0 hrs 0 min			25 hrs 55 min	1 hrs 44 min		
Details					4x2'z5/4'z1 then LZ1	Hold MZ2 then LZ1											
Comments																	
Stats	Weight																
	Sleep																
	Nuitrition																
	Comments																
Anerobic Trianing		Planned		40						40							
	ST-1	Actual									0						
		Planned								0							
	ST-2	Actual									0						
		Planned								0							
	LPSS	Actual									0						
		Planned								0							
		Actual									0						
		Planned								0							
		Actual									0						
										40	0						
Yoga	Runner's	Planned								0							
	Yoga	Actual									0						
		Planned								0							
	Hatha	Actual									0						
		Planned								0							
	Yin	Actual									0						
		Planned								0							
	Ashtanga	Actual									0						
		Planned								0							
		Actual									0						
										0	0						
Massage		Planned								0							
	Regular	Actual									0						
		Planned								0							
	ART	Actual									0						
										0	0						
										40	0						

Notes:
1. Edit formulas in columns P and Q
2. Edit formula in D2

Overall Comments: