

FES Cycling Tracker

FITNESS TRACKER



Name	
Program	
Goal	

TOTAL DISTANCE

TOTAL TIME

AVERAGE POWER

TOTAL SESSIONS

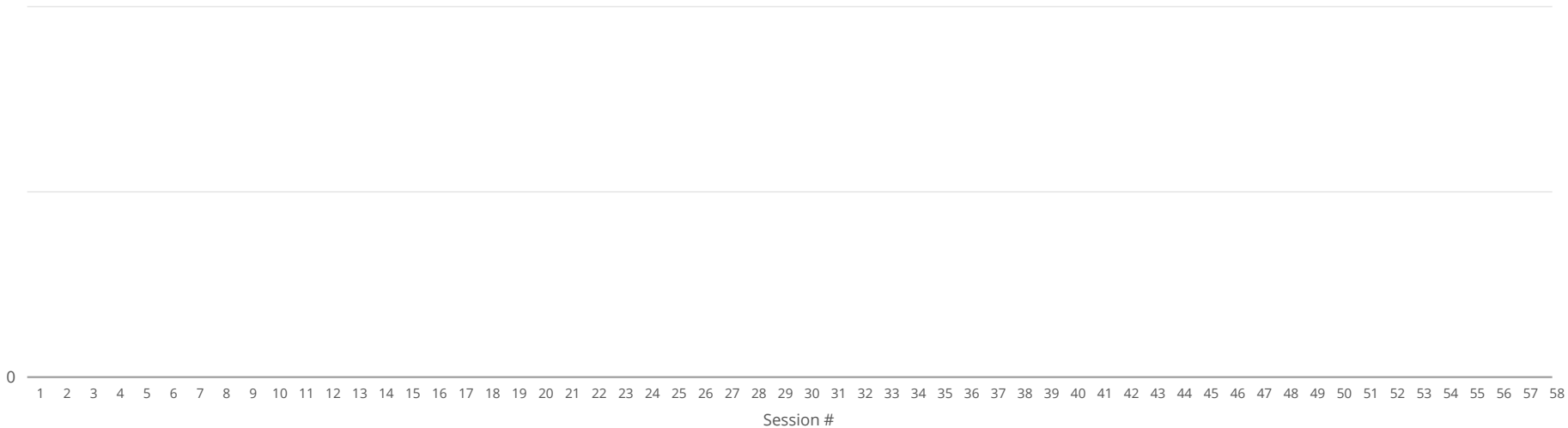
Summary boxes fill in automatically as you log sessions.

#	Date	Distance Cycled (km)	Time Cycled (h:mm)	Power Output (W)	Status	Resistance Level	Notes
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							

#	Date	Distance Cycled (km)	Time Cycled (h:mm)	Power Output (W)	Status	Resistance Level	Notes
15							
16							
17							
18							
19							
20							
21							
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#	Date	Distance Cycled (km)	Time Cycled (h:mm)	Power Output (W)	Status	Resistance Level	Notes
37							
38							
39							
40							
41							
42							
43							
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Distance by Session



Power by Session

