

Blank HIIT Workout Checklist

Workout Date: _____

Warm-Up

☐

-

mm:ss

☐

-

mm:ss

Intervals

☐

-

mm:ss

☐

-

mm:ss

☐

-

mm:ss

☐

-

mm:ss

Cool Down

☐

-

mm:ss

☐

-

mm:ss

Notes
