



Pickleball Workout Tracker

Print or save – log your sessions and watch your fitness improve.



17 Weekly Workout Log

Day	Minutes Played	Intensity	Calories (approx.)	Notes
Mon	___	___	___	_____
Tue	___	___	___	_____
Wed	___	___	___	_____
Thu	___	___	___	_____
Fri	___	___	___	_____
Sat	___	___	___	_____
Sun	___	___	___	_____



Calorie Quick Reference (per 60 min)

Weight	Doubles	Singles (mod)	Singles (intense)
130 lbs	200	300	400
150 lbs	230	350	460
180 lbs	275	420	550
200+ lbs	310	470	620

Engineered by **Pickle Insights** **✓ USAPA Official**