WORKOUT LOG

GOALS:

Track your fitness and strength training progress.

	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su
Date:				
Weight:				
Sleep (hrs):				
Calories:				
Time (minutes):				
Notes:				

Exercises	1RM*	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt

***1RM** - One Rep Max (for reference)

Cardio exercises	Time	Dist	Int**	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int	Time	Dist	Int

***Intensity**: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate