WORKOUT LOG

Goals: _____

Date: _____ _____ _____ _____

Weight: _____ _____ _____ _____

Stats: _____ _____ _____ _____

Exercise:	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt

Cardio Exercise:	Time	Dist.	Int.	Time	Dist.	Int.	Time	Dist.	Int.	Time	Dist.	Int.