

Workout Log

Today's Weight:

Today's Focus: Upper Body Lower Body Full Body Abs Day: _____ Date: _____

Muscle Group	Exercise/Machine	Set 1 Wt/Reps	Set 2 Wt/Reps	Set 3 Wt/Reps	Set 4 Wt/Reps	Effort 1-10

Cardio Workout What I did...	Minutes or steps	Pace	Incline	Heart Rate	Cals. burned	effort 1-10

Other movement ex: Yoga, hiking, Gardening, Walk dog, etc.	Minutes or steps	Notes

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