

# Workout Log

Goals: \_\_\_\_\_

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Date:							
Weight:							
Sleep:							
Calories:							
Water:							

Core Exercises:	Reps	Weight	Reps	Weight	Reps	Weight

Upper Body Exercises:	Reps	Weight	Reps	Weight	Reps	Weight

Lower Body Exercises:	Reps	Weight	Reps	Weight	Reps	Weight

Cardio:	Time	Distance	Intensity