

Weight Lifting Chart

Goals:

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