

Weight Lifting Chart

Goals:

--

Date:

Weight:

Sleep:

Calories:

Water:

Core Exercises:

Reps

Weight

Reps

Weight

Reps

Weight

	Reps	Weight	Reps	Weight	Reps	Weight

Upper Body Exercises:

Reps

Weight

Reps

Weight

Reps

Weight

	Reps	Weight	Reps	Weight	Reps	Weight

Lower Body Exercises:

Reps

Weight

Reps

Weight

Reps

Weight

	Reps	Weight	Reps	Weight	Reps	Weight

Cardio:

Time

Distance

Intensity

	Time	Distance	Intensity