

# FREE PRINTABLE WORKOUT LOGS!!

Day: \_\_\_\_\_ Date: \_\_\_\_\_ Weight: \_\_\_\_\_

Fitness Goal Of The Day \_\_\_\_\_ Duration: \_\_\_\_\_ minutes

Cardio Today? Yes  No  Exercise: \_\_\_\_\_

Additional note: \_\_\_\_\_

**Workout Log**

Location: \_\_\_\_\_ minutes

Length of workout: \_\_\_\_\_ minutes

Mood when starting: \_\_\_\_\_

Exercise (time for hit workouts)	Set #1	Set #2	Set #3
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
10. _____	_____	_____	_____

Instructions: Fill in the weight you used and the number of reps you performed. If you did 20 pounds for 10 reps, you would write "20 X 10".

**Food Log**

Breakfast: \_\_\_\_\_ Calories: \_\_\_\_\_

Lunch: \_\_\_\_\_ Calories: \_\_\_\_\_

Dinner: \_\_\_\_\_ Calories: \_\_\_\_\_

Snacks: \_\_\_\_\_ Calories: \_\_\_\_\_

Total Calories: \_\_\_\_\_

Was my food satisfying? Yes  No

Satisfaction: ★★★★★

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My Dream Shape.com  
Tips and tools to get you into bikini model shape

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