

# Workout Log

Today's Weight:

Today's Focus: ☐ Upper Body ☐ Lower Body ☐ Full Body ☐ Abs

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

[illegible]

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

Notes: .....