

WORKOUT LOG

Date

Training Focus: _____

Duration: _____

Cardio	Time	Distance	Heart Rate	Calories

#	Exercise		Set 1	Set 2	Set 3	Set 4
		Wt				
		Rep				
		Wt				
		Rep				
		Wt				
		Rep				
		Wt				
		Rep				
		Wt				
		Rep				
		Wt				
		Rep				

Notes