Date:				
Date.				

## **Weight Training Journal**

## Strength/Weights:

Exercise	Sets #	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
<u> </u>									

## Cardio/Other:

Exercise	Time	Dist	Int*	Time	Dist	Int	Time	Dist	Int

<sup>\*</sup>Intensity: L - Light / M - Moderate / V - Vigorous