EXERCISE LOG

DATE: _____ WEIGHT: _____ SLEEP (hrs): _____ CALORIES: _____

EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**

DATE: _____ WEIGHT: _____ SLEEP (hrs): _____ CALORIES: _____

EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**