

WORKOUT LOG

GOALS:

Track your fitness and strength training progress.

	M	Tu	W	Th	F	Sa	Su		M	Tu	W	Th	F	Sa	Su		M	Tu	W	Th	F	Sa	Su		M	Tu	W	Th	F	Sa	Su	
Date:																																
Weight:																																
Sleep (hrs):																																
Calories:																																
Time (minutes):																																
Notes:																																

[illegible]

*1RM - One Rep Max (for reference)

[illegible]

*Intensity: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate