

WORKOUT LOG (All fields are editable. Type text in corresponding fields)

WEEK / / to / / FOR: _____

GOALS _____

TIME: _____

WEIGHT TRAINING / STRENGTH TRAINING

Days: _____

EXERCISES	SETS	REPS	WEIGHT	REST TIME	NOTES

CARDIO TRAINING

Days: _____

EXERCISES	TIME / DIST	TARGET HR	INTENSITY*	NOTES

*Intensity can be low / moderate / high

Notes: _____

