

WORKOUT JOURNAL

Date _____

Weight

Exercise	Set 1		Set 2		Set 3		Set 4		Set 5	
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Cardio

Exercise	Set 1		Set 2		Set 3		Set 4		Set 5	
	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance

Notes