Workout Log

Date: **Mood:** **Start:** **End:**

Muscle Group	Exercise	Set 1	Set 2	Set 3	Set 4
		Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps

Cardio Workout					
Activity	Calories Burned	Time	Distance	Speed	Incline

Mood After Workout:

Notes:

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