

Daily Exercise Log Template

Name	Date	Starting Pulse	Workout Duration
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LEGS	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Calf raises						
Squats						
Lunges						
ARMS	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Triceps pulldowns						
Shoulder press						
Wrist curls						
Bicep curls						
CHEST	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Bench press						
Dumbbell fly						
Dips						
BACK	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Back extensions						
Upright row						
ABS	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Inclined crunch						
Declined Crunch						
Side bends						

Note: For each set, record the amount of weight lifted and then, after the |, record the number of repetitions completed.