Fitness Workout Journals

Date:	Focus Area:				Duration:					
Resistance Training	Set 1		Set 2		Set 3		Set 4		Set 5	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
							1			
		_					_			
Date:	Focus Area:				Duration:					
Resistance Training	Set 1		Set 2		Set 3		Set 4		Set 5	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
									1	
Date:		Focu	us Area:				Duration:			
Resistance Training	Set 1		Set 2 Weight Reps		Set 3		Set 4 Weight Reps		Set 5	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps