

Exercise Logs Journal

Week of:

Date:

Day (circle): MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Goal of the day





☐ _____





☐ _____

☐ _____

☐ _____

Water Intake

Starting Weight

Goal Weight

Current Weight

Distance

| Exercise | Weight | Sets | Reps | Time |
|----------|--------|------|------|------|
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Cardio

| Exercise | Weight | Sets | Reps | Time |
|----------|--------|------|------|------|
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