WORKOUT LOG

GOALS: _____

Track your fitness and strength training progress.

	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su
DATE:					
WEIGHT:					
SLEEP (hrs):					
CALORIES:					
TIME (minutes):					
NOTES:					

EXERCISES	1RM*	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT

*__1RM__ - One Rep Max (for reference)

CARDIO EXERCISES	TIME	DIST	INT**	TIME	DIST	INT	TIME	DIST	INT	TIME	DIST	INT	TIME	DIST	INT

***Intensity**: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate

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