Workout Log

Write last time's numbers in pencil before you start, then beat one of them.

Date _____ Workout _____ Body weight _____

Exercise	Set 1 lb × reps	Set 2 lb × reps	Set 3 lb × reps	Set 4 lb × reps	Set 5 lb × reps	Notes
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	

Date _____ Workout _____ Body weight _____

Exercise	Set 1 lb × reps	Set 2 lb × reps	Set 3 lb × reps	Set 4 lb × reps	Set 5 lb × reps	Notes
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	

Date _____ Workout _____ Body weight _____

Exercise	Set 1 lb × reps	Set 2 lb × reps	Set 3 lb × reps	Set 4 lb × reps	Set 5 lb × reps	Notes
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	
	×	×	×	×	×	

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