

Workout Log

	DATE/TIME:		_ LENGTH OF W	/ORKOUT:			
ARDIO TOD	AY: YES/NO EXERCISE:		DURATON:				
	ne gray space below, fill in what exerc ou performed. Example: If you did 10				t you used and the		
	EXERCISE	Set #1	Set #2	Set #3	Set #4		
OTES:							
			_ LENGTH OF WORKOUT:				
AY:	DATE/TIME:						
	DATE/TIME:		_ LENGTH OF W	/ORKOUT:			
ARDIO TOD		ise you performed. In t	_ LENGTH OF W	ORKOUT: DURATe	ON:		
ARDIO TOD	AY: YES/NO EXERCISE:	ise you performed. In t	_ LENGTH OF W	ORKOUT: DURATe	ON:		
ARDIO TOD	PAY: YES/NO EXERCISE: ne gray space below, fill in what exerc ou performed. Example: If you did 10	ise you performed. In t 0 pounds for 10 reps, y	LENGTH OF W	ORKOUT: DURATe ow, fill in the weight X 10"	ON:t you used and th		
ARDIO TOD	PAY: YES/NO EXERCISE: ne gray space below, fill in what exerc ou performed. Example: If you did 10	ise you performed. In t 0 pounds for 10 reps, y	LENGTH OF W	ORKOUT: DURATe ow, fill in the weight X 10"	ON:t you used and the		
ARDIO TOD	PAY: YES/NO EXERCISE: ne gray space below, fill in what exerc ou performed. Example: If you did 10	ise you performed. In t 0 pounds for 10 reps, y	LENGTH OF W	ORKOUT: DURATe ow, fill in the weight X 10"	ON:t you used and the		
ARDIO TOD	PAY: YES/NO EXERCISE: ne gray space below, fill in what exerc ou performed. Example: If you did 10	ise you performed. In t 0 pounds for 10 reps, y	LENGTH OF W	ORKOUT: DURATe ow, fill in the weight X 10"	ON:t you used and the		
ARDIO TOD	PAY: YES/NO EXERCISE: ne gray space below, fill in what exerc ou performed. Example: If you did 10	ise you performed. In t 0 pounds for 10 reps, y	LENGTH OF W	ORKOUT: DURATe ow, fill in the weight X 10"	ON:t you used and the		
ARDIO TOD	PAY: YES/NO EXERCISE: ne gray space below, fill in what exerc ou performed. Example: If you did 10	ise you performed. In t 0 pounds for 10 reps, y	LENGTH OF W	ORKOUT: DURATe ow, fill in the weight X 10"	ON:t you used and the		

NOTES:



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	EXERCISE	Set #1	Set #2	Set #3	Set #4		
OTES:							
	DATE/TIME:		_ LENGTH OF WORKOUT:				
ARDIO TODAY: YES/NO EXERCISE:							
structions: In th mber of reps y	ne gray space below, fill in what exerc ou performed. Example: If you did 10	ise you performed. In t 0 pounds for 10 reps, y	the white spaces below would write "100	ow, fill in the weight	t you used and the		
	EXERCISE	Set #1	Set #2	Set #3	Set #4		

NOTES: