Vernon Memorial
Healthcare
"So Much Care, So Close"

Workout Log

DAY: _____ DATE/TIME: _____ LENGTH OF WORKOUT: _____

CARDIO TODAY: YES/NO   EXERCISE: _____ DURATON: _____

Instructions: In the gray space below, fill in what exercise you performed. In the white spaces below, fill in the weight you used and the number of reps you performed. Example: If you did 100 pounds for 10 reps, you would write "100 X 10"

EXERCISE	Set #1	Set #2	Set #3	Set #4

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