

WORKOUT LOG



Today's Weight:

Day:

Date:

Today's Focus: Upper Body Lower Body Full Body Abs

Muscle Group	Exercise / Machine	Set 1 Wt/Reps	Set 2 Wt/Reps	Set 3 Wt/Reps	Set 4 Wt/Reps	Effort 1-10

Cardio Workout What I did...	Minutes or Steps	Pace	Incline	Heart Rate	Cals. Burned	Effort 1-10

Other Movement ex. Yoga, Hiking, Gardening, Walk Dog, etc.	Minutes or Steps	Notes

Notes: