



# EXERCISE LOG



Track your fitness and strength training progress.

Goals:

Date  Weight  Sleep(HRS)  Calories

DAY: Mo Tu We Th Fr Sa Su

EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES

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EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES

Date  Weight  Sleep(HRS)  Calories

DAY: Mo Tu We Th Fr Sa Su

EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES

\*1RM, One Rep Max (for reference)  
\*\*Intensity: Light/Moderate/Vigorous