



# EXERCISE LOG

GOALS: \_\_\_\_\_

Track your fitness and strength training progress.

DATE:  WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: M T W T F Sa Su

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

DATE:  WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: M T W T F Sa Su

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

\*1RM - One Rep Max (for reference)

\*\*Intensity: L/M/H - Light/Moderate/High or E/M/H - Easy/Medium/Hard