WORKOUT & EXERCISE LOG

Date (Month/Day/Year): \_ Start Time:

End Time:

|  |  |
| --- | --- |
| ***Scale Weight:*** |  |
| **Body Fat %:** |  |
| **Fitness Goal:** |  |
| **Sleep (HRS):** |  |

Name of Workout: Body Parts Trained (Circle all that apply):

Whole Body | Chest | Back | Shoulders | Legs | Calves | Biceps | Triceps | Abs | Other:

WARM-UP CARDIO/AEROBIC/CONDITIONING EXERCISE(Choose the 2 or 5 mile each workout)

|  |  |  |
| --- | --- | --- |
| ***EXERCISE*** | ***TIME/DISTANCE/ INTENSITY/SPEED/CALORIES*** | ***NOTES*** |
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**WEIGHT, STRENGTH & RESISTANCE TRAINING**

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| ***EXERCISE*** | ***WEIGHT*** | ***SETS*** | ***REPS*** | ***REST*** | ***NOTES*** |
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**DIET & NUTRITION**

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| ***MEAL*** | ***FOODS EATEN/INGREDIENTS*** | ***APPROXIMATE CALORIES*** |
| **PRE-WORKOUT:** |  |  |
| **POST-WORKOUT:** |  |  |
| **DAILY SUPPLEMENTS:** |  |  |

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| **OVERALL WORKOUT**  **RATING (1-10)** |  | **MIND/BODY/WORKOUT**  **NOTES:** |  |

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| --- | --- |
| ***Scale Weight:*** |  |
| **Body Fat %:** |  |
| **Fitness Goal:** |  |
| **Sleep (HRS):** |  |

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| **OVERALL WORKOUT**  **RATING (1-10)** |  | **MIND/BODY/WORKOUT**  **NOTES:** |  |

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WARM-UP CARDIO/AEROBIC/CONDITIONING EXERCISE(Choose the 2 or 5 mile each workout)

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| --- | --- | --- |
| ***EXERCISE*** | ***TIME/DISTANCE/ INTENSITY/SPEED/CALORIES*** | ***NOTES*** |
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**WEIGHT, STRENGTH & RESISTANCE TRAINING**

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| --- | --- | --- | --- | --- | --- |
| ***EXERCISE*** | ***WEIGHT*** | ***SETS*** | ***REPS*** | ***REST*** | ***NOTES*** |
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**DIET & NUTRITION**

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| **Body Fat %:** |  |
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WARM-UP CARDIO/AEROBIC/CONDITIONING EXERCISE(Choose the 2 or 5 mile each workout)

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| ***EXERCISE*** | ***TIME/DISTANCE/ INTENSITY/SPEED/CALORIES*** | ***NOTES*** |
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**WEIGHT, STRENGTH & RESISTANCE TRAINING**

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| ***EXERCISE*** | ***WEIGHT*** | ***SETS*** | ***REPS*** | ***REST*** | ***NOTES*** |
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**DIET & NUTRITION**

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| --- | --- |
| ***Scale Weight:*** |  |
| **Body Fat %:** |  |
| **Fitness Goal:** | **Strength/Muscle Building/Fat Loss/Endurance/Other:** |
| **Sleep (HRS):** |  |

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WARM-UP CARDIO/AEROBIC/CONDITIONING EXERCISE(Choose the 2 or 5 mile each workout)

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| ***EXERCISE*** | ***TIME/DISTANCE/ INTENSITY/SPEED/CALORIES*** | ***NOTES*** |
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**WEIGHT, STRENGTH & RESISTANCE TRAINING**

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| --- | --- | --- | --- | --- | --- |
| ***EXERCISE*** | ***WEIGHT*** | ***SETS*** | ***REPS*** | ***REST*** | ***NOTES*** |
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**DIET & NUTRITION**

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**WARM-UP CARDIO/AEROBIC/CONDITIONING EXERCISE**

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| ***EXERCISE*** | ***TIME/DISTANCE/ INTENSITY/SPEED/CALORIES*** | ***NOTES*** |
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Agility and Conditioning

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| ***EXERCISE*** | ***WEIGHT*** | ***SETS*** | ***REPS*** | ***REST*** | ***NOTES*** |
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**DIET & NUTRITION**

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| **PRE-WORKOUT:** |  |  |
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