

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

WEIGHT, STRENGTH & RESISTANCE TRAINING

EXERCISE	WEIGHT	SETS	REPS	REST	NOTES

DIET & NUTRITION

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

OVERALL WORKOUT RATING (1-10)		MIND/BODY/WORKOUT NOTES:	
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<u>EXERCISE</u>	<u>WEIGHT</u>	<u>SETS</u>	<u>REPS</u>	<u>REST</u>	<u>NOTES</u>

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WARM-UP CARDIO/AEROBIC/CONDITIONING EXERCISE

<u>EXERCISE</u>	<u>TIME/DISTANCE/ INTENSITY/SPEED/CALORIES</u>	<u>NOTES</u>

Agility and Conditioning

<u>EXERCISE</u>	<u>WEIGHT</u>	<u>SETS</u>	<u>REPS</u>	<u>REST</u>	<u>NOTES</u>

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