EXERCISE LOG TEMPLATE

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| **Focus of workout: Cardio: Yes / No** |
| **Set 1****Weight Reps**1. 2. 3. 4. 5. 6. 7. 8. 9. 10.  | **Set 2****Weight Reps** | **Set 3****Weight Reps** | **Set 4****Weight Reps** |

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| **Date: Focus of workout: Cardio: Yes / No** |
| **Set 1****Strength Exercises****Weight Reps**1. 2. 3. 4. 5. 6. 7. 8. 9. 10.  | **Set 2****Weight Reps** | **Set 3****Weight Reps** | **Set 4****Weight Reps** |

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| **Date: Focus of workout: Cardio: Yes / No** |
| **Set 1****Strength Exercises****Weight Reps**1. 2. 3. 4. 5. 6. 7. 8. 9. 10.  | **Set 2****Weight Reps** | **Set 3****Weight Reps** | **Set 4****Weight Reps** |