

Upper Body Workout Log

Date:	Planned Start Time:	Actual Start Time:
Upper Body Workout	Planned End Time:	Actual End Time:
	Time to Complete:	Total Time:

Upper Body Muscle Groups	Exercise	PLAN				ACTUAL			
		Reps	Weight (lbs)	Minutes Between Sets	Intensity Level	Reps	Weight (lbs)	Minutes Between Sets	Intensity Level
Chest									
High Point									
Shoulders									
High Point									
Back									
High Point									
Triceps									
High Point									
Biceps									
High Point									

NOTES

