

Lower Body Workout Log

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

Lower Body Muscle Groups	Exercise	PLAN				ACTUAL			
		Reps	Weight (lbs)	Minutes Between Sets	Intensity Level	Reps	Weight (lbs)	Minutes Between Sets	Intensity Level
Quads									
High Point									
Hamstrings									
High Point									
Calves									
High Point									
Abs									
High Point									

NOTES

