

WORKOUT LOG

Date _____ Session _____ Body weight _____

EXERCISE	LAST TIME	SET 1	SET 2	SET 3	SET 4	SET 5	NOTES
		kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	
		kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	
		kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	
		kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	
		kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	
		kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	
		kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	
		kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	kg/lb × reps	

Next session targets: _____