

DATE: \_\_\_\_\_

EXERCISE		SET 1	SET 2	SET 3	SET 4
	Reps				
	Weight				
	Reps				
	Weight				
	Reps				
	Weight				
	Reps				
	Weight				
	Reps				
	Weight				
	Reps				
	Weight				
	Reps				
	Weight				
	Reps				
	Weight				
	Reps				
	Weight				

Sleep: \_\_\_\_\_ Recovery: \_\_\_\_\_ Bodyweight: \_\_\_\_\_

Cardio: Yes  No  Steps: \_\_\_\_\_

Cardio Type: \_\_\_\_\_ Duration: \_\_\_\_\_ Calories: \_\_\_\_\_

Notes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_