

# Workout Log



Begin with 2 sets of 10, 2-3 times a week. Work your way up to 2-3 sets of 10-20 (depending on exercise).  
Insert name of exercise line 1. Note # of reps on set line. Add amount of weight if applicable.  
(EX: Set 1: 10/#5 = 10 reps/ 5 pound weight) Also note any cardio, plyometrics, HIIT.

Date/time: \_\_\_\_\_ Weight: \_\_\_\_\_

1. \_\_\_\_\_ Notes:  
Set 1: \_\_\_/\_\_\_ Set 2: \_\_\_/\_\_\_ Set 3: \_\_\_/\_\_\_
2. \_\_\_\_\_ Notes:  
Set 1: \_\_\_/\_\_\_ Set 2: \_\_\_/\_\_\_ Set 3: \_\_\_/\_\_\_
3. \_\_\_\_\_ Notes:  
Set 1: \_\_\_/\_\_\_ Set 2: \_\_\_/\_\_\_ Set 3: \_\_\_/\_\_\_

Date/time: \_\_\_\_\_ Weight: \_\_\_\_\_

1. \_\_\_\_\_ Notes:  
Set 1: \_\_\_/\_\_\_ Set 2: \_\_\_/\_\_\_ Set 3: \_\_\_/\_\_\_
2. \_\_\_\_\_ Notes:  
Set 1: \_\_\_/\_\_\_ Set 2: \_\_\_/\_\_\_ Set 3: \_\_\_/\_\_\_
3. \_\_\_\_\_ Notes:  
Set 1: \_\_\_/\_\_\_ Set 2: \_\_\_/\_\_\_ Set 3: \_\_\_/\_\_\_

Date/time: \_\_\_\_\_ Weight: \_\_\_\_\_

1. \_\_\_\_\_ Notes:  
Set 1: \_\_\_/\_\_\_ Set 2: \_\_\_/\_\_\_ Set 3: \_\_\_/\_\_\_
2. \_\_\_\_\_ Notes:  
Set 1: \_\_\_/\_\_\_ Set 2: \_\_\_/\_\_\_ Set 3: \_\_\_/\_\_\_
3. \_\_\_\_\_ Notes:  
Set 1: \_\_\_/\_\_\_ Set 2: \_\_\_/\_\_\_ Set 3: \_\_\_/\_\_\_

Date/time: \_\_\_\_\_ Weight: \_\_\_\_\_

1. \_\_\_\_\_ Notes:  
Set 1: \_\_\_ / \_\_\_ Set 2: \_\_\_ / \_\_\_ Set 3: \_\_\_ / \_\_\_
2. \_\_\_\_\_ Notes:  
Set 1: \_\_\_ / \_\_\_ Set 2: \_\_\_ / \_\_\_ Set 3: \_\_\_ / \_\_\_
3. \_\_\_\_\_ Notes:  
Set 1: \_\_\_ / \_\_\_ Set 2: \_\_\_ / \_\_\_ Set 3: \_\_\_ / \_\_\_

Date/time: \_\_\_\_\_ Weight: \_\_\_\_\_

1. \_\_\_\_\_ Notes:  
Set 1: \_\_\_ / \_\_\_ Set 2: \_\_\_ / \_\_\_ Set 3: \_\_\_ / \_\_\_
2. \_\_\_\_\_ Notes:  
Set 1: \_\_\_ / \_\_\_ Set 2: \_\_\_ / \_\_\_ Set 3: \_\_\_ / \_\_\_
3. \_\_\_\_\_ Notes:  
Set 1: \_\_\_ / \_\_\_ Set 2: \_\_\_ / \_\_\_ Set 3: \_\_\_ / \_\_\_

Date/time: \_\_\_\_\_ Weight: \_\_\_\_\_

1. \_\_\_\_\_ Notes:  
Set 1: \_\_\_ / \_\_\_ Set 2: \_\_\_ / \_\_\_ Set 3: \_\_\_ / \_\_\_
2. \_\_\_\_\_ Notes:  
Set 1: \_\_\_ / \_\_\_ Set 2: \_\_\_ / \_\_\_ Set 3: \_\_\_ / \_\_\_
3. \_\_\_\_\_ Notes:  
Set 1: \_\_\_ / \_\_\_ Set 2: \_\_\_ / \_\_\_ Set 3: \_\_\_ / \_\_\_

Date/time: \_\_\_\_\_ Weight: \_\_\_\_\_

1. \_\_\_\_\_ Notes:  
Set 1: \_\_\_ / \_\_\_ Set 2: \_\_\_ / \_\_\_ Set 3: \_\_\_ / \_\_\_
2. \_\_\_\_\_ Notes:  
Set 1: \_\_\_ / \_\_\_ Set 2: \_\_\_ / \_\_\_ Set 3: \_\_\_ / \_\_\_
3. \_\_\_\_\_ Notes:  
Set 1: \_\_\_ / \_\_\_ Set 2: \_\_\_ / \_\_\_ Set 3: \_\_\_ / \_\_\_

Goals:  
Needs Improvement:  
PRs (personal records):