EXERCISE LOG

Track your fitness and strength training progress.

GOALS: _____

DATE: _____ WEIGHT: _____ SLEEP (hrs): _____ CALORIES: _____ **DAY**: M Tu W Th Fr Sa Su

EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES

DATE: _____ WEIGHT: _____ SLEEP (hrs): _____ CALORIES: _____ **DAY**: M Tu W Th Fr Sa Su

EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES

*__1RM__ - One Rep Max (for reference)

**__Intensity__: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard

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