**[](http://www.vertex42.com/)EXERCISE LOG Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Track your fitness and strength training progress.

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