



Workout Log

WEEK OF _____

GOAL _____

SESSION 1

DATE _____ FOCUS _____ TIME _____ ENERGY _____

EXERCISE	SET 1 REPS × WT	SET 2 REPS × WT	SET 3 REPS × WT	SET 4 REPS × WT	NOTES

CARDIO TYPE _____ MINUTES _____ DISTANCE _____ AVG HR _____

STRETCH ☐ HOW I FELT _____

SESSION 2

DATE _____ FOCUS _____ TIME _____ ENERGY _____

EXERCISE	SET 1 REPS × WT	SET 2 REPS × WT	SET 3 REPS × WT	SET 4 REPS × WT	NOTES

CARDIO TYPE _____ MINUTES _____ DISTANCE _____ AVG HR _____

STRETCH ☐ HOW I FELT _____



Workout Log

WEEK OF _____

GOAL _____

SESSION 3

DATE _____

FOCUS _____

TIME _____

ENERGY _____

EXERCISE	SET 1 REPS × WT	SET 2 REPS × WT	SET 3 REPS × WT	SET 4 REPS × WT	NOTES

CARDIO TYPE _____ MINUTES _____ DISTANCE _____ AVG HR _____

STRETCH ☐ HOW I FELT _____

SESSION 4

DATE _____

FOCUS _____

TIME _____

ENERGY _____

EXERCISE	SET 1 REPS × WT	SET 2 REPS × WT	SET 3 REPS × WT	SET 4 REPS × WT	NOTES

CARDIO TYPE _____ MINUTES _____ DISTANCE _____ AVG HR _____

STRETCH ☐ HOW I FELT _____