Workout Log

Today's Weight:

Today's Focus: ☐Upper Body ☐Lower Body ☐Full Body ☐Abs Day: _____ Date: _____

		Set 1	Set 2	Set 3	Set 4	Effort
Muscle Group	Exercise/Machine	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	1-10

Cardio Workout What I did...	Minutes or steps	Pace	Incline	Heart Rate	Cals. burned	effort 1-10

Other movement ex: Yoga, Hiking, Gardening, Walk dog, etc.	Minutes or steps	Notes

Notes:.....

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