WORKOUT LOG

NAME :	***DATE :***	***TIME :***
LENGTH OF SESSION :	***WEIGHT :***	***BODY FAT :***
TOTAL CALORIES :	***CALORIE RATIO :***	

Tempo :	**Rest :**

EXERCISE	*Set 1*	*Set 2*	*Set 3*	*Set 4*	*Set 5*	Notes
	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	
	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	
	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	
	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	
	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	
	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	
	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	
	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	
	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	
	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	Reps: Wt:	

CARDIO PROGRAM LOG

INTERVALS	1	2	3	4	5	6	7	8	9	10	11	12	13
WORK													
Time													
Cardio Type													
Intensity													
RECOVER													
Time													
Cardio Type													
Intensity													

Workout Notes/Mood/Quality of Workout/Supplements etc :