

# Workout Log

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed.  
 If you did 5 pounds for 10 reps, you would write "5 X 10" The gray boxes below are used to record exercise.

Date:		Date:		Date:	
EXERCISE	Sets	EXERCISE	Sets	EXERCISE	Sets
#1	#1	#1	#1	#1	#1
	#2		#2		#2
	#3		#3		#3
#2	#1	#2	#1	#2	#1
	#2		#2		#2
	#3		#3		#3
#3	#1	#3	#1	#3	#1
	#2		#2		#2
	#3		#3		#3
#4	#1	#4	#1	#4	#1
	#2		#2		#2
	#3		#3		#3
#5	#1	#5	#1	#5	#1
	#2		#2		#2
	#3		#3		#3
#6	#1	#6	#1	#6	#1
	#2		#2		#2
	#3		#3		#3
#7	#1	#7	#1	#7	#1
	#2		#2		#2
	#3		#3		#3
#8	#1	#8	#1	#8	#1
	#2		#2		#2
	#3		#3		#3
#9	#1	#9	#1	#9	#1
	#2		#2		#2
	#3		#3		#3
#10	#1	#10	#1	#10	#1
	#2		#2		#2
	#3		#3		#3
#11	#1	#11	#1	#11	#1
	#2		#2		#2
	#3		#3		#3
#12	#1	#12	#1	#12	#1
	#2		#2		#2
	#3		#3		#3