Workout & Exercise Log

Date (Day/Month/Year): _____
Start Time: _____
End Time: _____

Scale Weight:	
Body Fat %:	
Fitness Goal:	Weightlift/Muscle Building/Fat Loss/Endurance/Other:
Mood (HRV):	

Name of Workout: _____

Body Parts Trained (Circle all that apply):
Whole Body | Chest | Back | Shoulders | Legs | Calves | Biceps | Triceps | Abs | Other: _____

CARDIO/ MORNING TUMMY/ COMPLEX COMPOUND EXERCISE

EXERCISE	TIME DURATION/ DISTANCE/ SPEED/ CALORIES	NOTES

WEIGHT, RESISTANCE & ENDURANCE TRAINING

EXERCISE	WEIGHT	SETS	REPS	REST	NOTES

DIET & NUTRITION

TOTAL PRE WORKOUT:	TOTAL CALORIES/ INGREDIENTS	AVERAGE CALORIES
POST WORKOUT:		
DAILY NORM (PREVIOUS):		

OVERALL WORKOUT RATING (1-10)		PERSONAL/ WORKOUT NOTES:	

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