Workout Log

Write down every set. Next time, beat one number.

Date _____ Workout _____ Duration _____

Exercise	Set 1 reps × weight	Set 2 reps × weight	Set 3 reps × weight	Set 4 reps × weight
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×
	×	×	×	×

Energy today

1 2 3 4 5

Notes / next time

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Cardio & Weekly Log

Runs, rides, walks and classes, plus a week-by-week overview.

Date	Activity	Time	Distance	Effort 1–5	Notes

Weekly overview

Week of	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
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