## **Workout & Exercise Log**

Date (Day/Month/Year): _									
Start Time: End Time:									
Scale Weight:									
Body Fat %: Fitness Goal: Stren	Strength/Muscle Building/Fat Loss/Endurance/Other:								
Sleep (HRS):									
Name of Workout:									
Body Parts Trained (Circle all that apply): Whole Body   Chest   Back   Shoulders   Legs   Calves   Biceps   Triceps   Abs   Other:									
CARDIO/AEROBIC/CONDITIONING EXERCISE									
<u>EXERCISE</u>	TIME/DISTANCE/ INTENSITY/SPEED/CALORIES				NOTES				
WEIGHT, STRENGTH & RESISTANCE TRAINING									
EXERCISE	WE	<u>IGHT</u>	<u>SETS</u>	REPS		REST	<u>NOTES</u>		
DIET & NUTRITION									
MEAL F PRE-WORKOUT:									
POST-WORKOUT:									
DAILY SUPPLEMENTS:									
OVERALL WORKOUT RATING (1-10)	MIND/BODY/WORKOUT NOTES:								