

Workout Log

Date:	Weeks:	Other:	
-------	--------	--------	--

Monday		
Exercise Name	Sets	Reps

Tuesday		
Exercise Name	Sets	Reps

Wednesday		
Exercise Name	Sets	Reps

Thursday		
Exercise Name	Sets	Reps

Friday		
Exercise Name	Sets	Reps

Saturday/Sunday		
Exercise Name	Sets	Reps

Notes