EXERCISE LOG

Track your fitness and strength training progress.

GOALS: _____

DATE: [ ]   WEIGHT: _____   SLEEP (hrs): _____   CALORIES: _____   DAY: M Tu W Th Fr Sa Su

EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES

DATE: [ ]   WEIGHT: _____   SLEEP (hrs): _____   CALORIES: _____   DAY: M Tu W Th Fr Sa Su

EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES

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EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES

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*1RM - One Rep Max (for reference)   **   **Intensity: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard

https://www.vertex42.com/ExcelTemplates/exercise-log.html