Name: _____ Date:_____

Height: _____

Workout Log

Strength/Weigh ts:

Exercise	Date	NOTES	Sets #	Weight	Reps	Weight	Reps	Weight	Reps

Cardio/Other:

Exercise	Time	Dist	Int*	Time	Dist	Int	Time	Dist	Int

***Intensity: L - Light / M - Moder ate / V – Vigorous**