

# EXERCISE LOG

GOALS: \_\_\_\_\_

Track your fitness and strength training progress.

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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\*1RM - One Rep Max (for reference)

\*\*Intensity: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard