

Date: / / Start: Finish:
 Workout Type Light Med Heavy

Date: / / Start: Finish:
 Workout Type Light Med Heavy

Date: / / Start: Finish:
 Workout Type Light Med Heavy

Date: / / Start: Finish:
 Workout Type Light Med Heavy

Exercise	Set 1		Set 2		Set 3		Set 4		Set 1		Set 2		Set 3		Set 4		Set 1		Set 2		Set 3		Set 4		Set 1		Set 2		Set 3		Set 4						
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight							

How did it feel: Bad Fair Good Great

Comments: _____

Bad Fair Good Great

Bad Fair Good Great

Bad Fair Good Great
