

WORKOUT LOG

Date: _____

Type: _____

Duration: _____ min

WARM-UP

MAIN WORKOUT

Exercise	Sets	Reps	Weight	Notes
_____		_____	_____	_____
_____		_____	_____	_____
_____		_____	_____	_____
_____		_____	_____	_____
_____		_____	_____	_____
_____		_____	_____	_____
_____		_____	_____	_____

COOL-DOWN

TODAY'S STATS

Calories burned: _____

Heart rate (avg): _____

Heart rate (max): _____

HOW I FELT

Energy: ☐ Low ☐ Medium ☐ High

Mood: ☐  ☐  ☐  ☐ 

TOMORROW'S GOAL