



Work Out Log

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A workout log is a way for you to measure and keep track of your fitness and strength progression. Use the comments section to record how you felt on that particular day. Print off a month's worth of these forms and place them in a three ring binder. Keep this binder with you during your workouts and archive each completed month so that you can maintain a total record of your physical development.

Day #

Name	Date
Start Time	End Time
Focus Area	Total Workout Time

Set #	Muscle Targeted	Exercise	Weight	Planned Reps	Actual Reps
Set #1					
Set #2					
Set #3					
Set #4					
Set #	Muscle Targeted	Exercise	Weight	Planned Reps	Actual Reps
Set #1					
Set #2					
Set #3					
Set #4					
Set #	Muscle Targeted	Exercise	Weight	Planned Reps	Actual Reps
Set #1					
Set #2					
Set #3					
Set #4					
Set #	Muscle Targeted	Exercise	Weight	Planned Reps	Actual Reps
Set #1					
Set #2					
Set #3					
Set #4					
Set #	Muscle Targeted	Exercise	Weight	Planned Reps	Actual Reps
Set #1					
Set #2					
Set #3					
Set #4					
Set #	Muscle Targeted	Exercise	Weight	Planned Reps	Actual Reps
Set #1					
Set #2					
Set #3					
Set #4					

Comments

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