

- **Year Selector:** Filter your training data by year to see long-term progress.

- Exercise Name Selector: Choose a specific exercise from the list to see your strength trends.
- Note: The Year and Exercise filters work together to provide a granular view of your performance in a specific timeframe.

2) Sessions

Session_ID	Date	Training_Name	Start_Time	End_Time	Energy_Level	Training_Time	Session_Volume	Year	Month	Day_of_week
1	03.02.2026	A	12:30:00	15:20:00	5	02:50:00	13116,00	2026	February	Wednesday
2	04.03.2026	B	12:00:00	13:30:00	3	01:30:00	18484,00	2026	March	Thursday
3	05.04.2026	C	17:00:00	19:15:00	1	02:15:00	12410,00	2026	April	Monday
4	06.05.2026					00:00:00	13389,00	2026	May	Thursday
5	07.06.2026					00:00:00	0,00	2026	June	Monday

This sheet acts as a diary for your workouts. For every training session, fill in:

- Training Name: (e.g., Push Day, Leg Day).
- Start & End Time: Helps track session duration and density.
- Energy Level: Rate how you felt (useful for identifying recovery issues).
- **Note: Other cells are automated and will calculate durations and links automatically.**

3) Exercises

Exercise_ID	Exercise_Name	Muscle_Group	Equipment
EX-001	Russian twist	Abdominals	Bodyweight
EX-002	Plank	Abdominals	Bodyweight
EX-003	Hollow body	Abdominals	Bodyweight
EX-004	Leg raises	Abdominals	Bodyweight
EX-005	Machine core	Abdominals	Machine
EX-006	Reverse plank	Abdominals	Bodyweight
EX-007	Crunches	Abdominals	Bodyweight
EX-008	Leg raises: hanging	Abdominals	
EX-009	Wheel	Abdominals	
EX-010	Ball plank	Abdominals	
EX-011	Roman bench Bend	Abdominals	
EX-012	Crunches: bench	Abdominals	
EX-013	Cable crunch	Abdominals	
EX-014	Mountain Climbers	Abdominals	
EX-015	Barbell swing	Abdominals	
EX-016	Woodchoppers	Abdominals	
EX-017	Side plank	Abdominals	
EX-018	Crunches (reps/time in s)	Abdominals	
EX-019	Pull ups	Back muscles	
EX-020	Bent Over Row	Back muscles	
EX-021	Bent Over Dumbbell Row	Back muscles	
EX-022	Lat Pull Down	Back muscles	
EX-023	Y raise	Back muscles	
EX-024	Machine seated cable row	Back muscles	
EX-025	Dead Hang	Back muscles	

This is your library of movements.

- Customization: You can delete the examples and add your own exercises.
- Data Entry: Only use Columns B, C, and D to input names and categories.

- Automation: Column A (Exercise ID) updates automatically to ensure data integrity

4) Performance

Session_ID	Date	Exercise_Name	Set_Number	Reps	Weight	RIR	RPE	RPE_Details	Volume	Exercise_ID	Year	Month	Day
1	03.02.2026	Hip bridge from the ground	1	8	90	3	7	Hard, but controlled	720	EX-113	2026	February	Wednesday
1	03.02.2026	Hip bridge from the ground	2	8	90	3	7	Hard, but controlled	720	EX-113	2026	February	Wednesday
1	03.02.2026	Hip bridge from the ground	3	8	110	3	7	Hard, but controlled	880	EX-113	2026	February	Wednesday
1	03.02.2026	Hip bridge from the ground	4	8	110	3	7	Hard, but controlled	880	EX-113	2026	February	Wednesday
1	03.02.2026	Barbell squat	1	10	50	5	5	Warm-up / technic	500	EX-061	2026	February	Wednesday
1	03.02.2026	Barbell squat	2	6	70	2	8	Hard	420	EX-061	2026	February	Wednesday
1	03.02.2026	Barbell squat	3	5	70	2	8	Hard	350	EX-061	2026	February	Wednesday
1	03.02.2026	Barbell squat	4	5	70	2	8	Hard	350	EX-061	2026	February	Wednesday
1	03.02.2026	RDL one leg	1	20	20	3	7	Hard, but controlled	400	EX-115	2026	February	Wednesday
1	03.02.2026	RDL one leg	2	20	20	3	7	Hard, but controlled	400	EX-115	2026	February	Wednesday
1	03.02.2026	RDL one leg	3	20	20	2	8	Hard	400	EX-115	2026	February	Wednesday
1	03.02.2026	Calf raises	1	18	140	1	9	Very hard, almost max	2520	EX-111	2026	February	Wednesday
1	03.02.2026	Calf raises	2	16	140	1	9	Very hard, almost max	2240	EX-111	2026	February	Wednesday
1	03.02.2026	Calf raises	3	16	140	1	9	Very hard, almost max	2240	EX-111	2026	February	Wednesday
1	03.02.2026	Abdominal wheel	1	8	1	2	8	Hard	8	Not found	2026	February	Wednesday
1	03.02.2026	Abdominal wheel	2	10	1	1	9	Very hard, almost max	10	Not found	2026	February	Wednesday
1	03.02.2026	Abdominal wheel	3	8	1	1	9	Very hard, almost max	8	Not found	2026	February	Wednesday
1	03.02.2026	Crunches	1	25	1	3	7	Hard, but controlled	25	EX-007	2026	February	Wednesday
1	03.02.2026	Crunches	2	25	1	2	8	Hard	25	EX-007	2026	February	Wednesday
1	03.02.2026	Crunches	3	20	1	0	10	MAX	20	EX-007	2026	February	Wednesday
2	04.03.2026	Hip bridge from the ground	4	16	87	3	7	Hard, but controlled	1392	EX-113	2026	March	Thursday
2	04.03.2026	Hip bridge from the ground	3	18	74	3	7	Hard, but controlled	1332	EX-113	2026	March	Thursday
2	04.03.2026	Hip bridge from the ground	1	17	10	3	7	Hard, but controlled	170	EX-113	2026	March	Thursday
2	04.03.2026	Hip bridge from the ground	3	19	93	3	7	Hard, but controlled	1767	EX-113	2026	March	Thursday
2	04.03.2026	Barbell squat	2	12	15	5	5	Warm-up / technic	180	EX-061	2026	March	Thursday
2	04.03.2026	Barbell squat	4	13	63	2	8	Hard	819	EX-061	2026	March	Thursday
2	04.03.2026	Barbell squat	5	19	41	2	8	Hard	779	EX-061	2026	March	Thursday
2	04.03.2026	Barbell squat	4	18	79	2	8	Hard	1422	EX-061	2026	March	Thursday
2	04.03.2026	RDL one leg	2	12	2	3	7	Hard, but controlled	24	EX-115	2026	March	Thursday
2	04.03.2026	RDL one leg	3	20	82	3	7	Hard, but controlled	1640	EX-115	2026	March	Thursday
2	04.03.2026	RDL one leg	3	20	54	2	8	Hard	1080	EX-115	2026	March	Thursday
2	04.03.2026	Calf raises	5	14	74	1	9	Very hard, almost max	1036	EX-111	2026	March	Thursday

This is your most-used sheet. For every set you perform, log the following:

- Session ID: Connects the set to the specific session in the "Sessions" tab.
- Date & Exercise Name: Defines when and what you performed.
- Set Number, Reps & Weight: The core metrics of your volume.
- Tip: For bodyweight exercises, enter "1" in the weight column.
- RIR (Reps in Reserve): A crucial metric for intensity. Type in how many more reps you could have performed with good technique. This helps in managing fatigue and avoiding plateaus.
- Note: If you try to use an exercise in other sheets that hasn't been added here, the system will display a red "Not found" alert. This ensures that your Dashboard remains accurate and prevents data fragmentation.

5) Weight

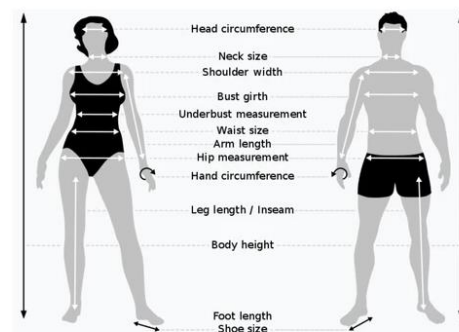
Date ▾	Body weight ▾
01.12.2025	80,0 kg
04.12.2025	81,0 kg
20.12.2025	82,0 kg
21.12.2025	83,0 kg
02.01.2026	83,5 kg
03.01.2026	84,0 kg
09.01.2026	84,0 kg
18.01.2026	84,3 kg
19.01.2026	84,2 kg
24.01.2026	83,7 kg
31.01.2026	83,0 kg

A dedicated space to monitor your body weight trends over time.

- Data Entry: Simply insert the Date and your Weight (in kg/lbs).
- Analytics Tip: Regular logging in this sheet allows the system to correlate your strength gains (from the Performance sheet) with changes in body mass.

6) Body measurements

Date	Neck	Chest	Biceps	Waits	Stomach	Hips	Thigh	Calf
12.12.2025	30	80	31	70	73	70	40	32
20.12.2025	29	81	31	71	71	71	42	31



While the scale shows one number, this sheet tracks your actual physical transformation. It is essential for monitoring muscle hypertrophy and fat loss (recomposition).

- Detailed Logs: Track measurements for: Neck, Chest, Biceps, Waist, Stomach, Hips, Thighs, and Calves.
- Why it matters: Even if your weight remains stable, changes in these measurements (e.g., a decreasing waist and increasing chest/thighs) are clear indicators of successful training progress.

7) Mapping

This sheet is hidden – I don't recommend to play with this sheet, otherwise if you know what are you doing or want to play – feel free to edit.