DATE: | TIME:

M **T** **W** **T** **F** **S** **S**

BACK ☐   BICEPS ☐   LEGS ☐   ABS ☐
CHEST ☐   TRICEPS ☐   CALVES ☐   OTHER ☐
CARDIO ☐   FOREARMS ☐   SHOULDERS ☐

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 5 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 **2** 3 4 5 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 **3** 4 5 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 **4** 5 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 **5** 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 5 **6** 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 5 6 **7** WEIGHT						

CARDIO	TIME	DIST.	PACE	INT.	HR	
PRE-WORKOUT						☺ 😀
POST-WORKOUT						☹ 😐

DATE: | TIME:

M **T** **W** **T** **F** **S** **S**

BACK ☐   BICEPS ☐   LEGS ☐   ABS ☐
CHEST ☐   TRICEPS ☐   CALVES ☐   OTHER ☐
CARDIO ☐   FOREARMS ☐   SHOULDERS ☐

EXERCISE

REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐

1 2 3 4 5 6 7   WEIGHT

EXERCISE

REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐

1 **2** 3 4 5 6 7   WEIGHT

EXERCISE

REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐

1 2 **3** 4 5 6 7   WEIGHT

EXERCISE

REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐

1 2 3 **4** 5 6 7   WEIGHT

EXERCISE

| REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐

1 2 3 4 **5** 6 7   WEIGHT

EXERCISE

REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐

1 2 3 4 5 **6** 7   WEIGHT

EXERCISE

REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐

1 2 3 4 5 6 **7**   WEIGHT

CARDIO

	TIME	DIST.	PACE	INT.	HR
PRE-WORKOUT					
POST-WORKOUT					

| DATE:	TIME:

M **T** **W** **T** **F** **S** **S**

BACK ☐   BICEPS ☐   LEGS ☐   ABS ☐
CHEST ☐   TRICEPS ☐   CALVES ☐   OTHER ☐
CARDIO ☐   FOREARMS ☐   SHOULDERS ☐

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 5 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 **2** 3 4 5 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 **3** 4 5 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 **4** 5 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 **5** 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 5 **6** 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 5 6 **7** WEIGHT						

CARDIO	TIME	DIST.	PACE	INT.	HR	
PRE-WORKOUT						☺ 😀
POST-WORKOUT						☹ 😐

DATE: _____ TIME: _____

M **T** **W** **T** **F** **S** **S**

BACK ☐ BICEPS ☐ LEGS ☐ ABS ☐
CHEST ☐ TRICEPS ☐ CALVES ☐ OTHER ☐
CARDIO ☐ FOREARMS ☐ SHOULDERS ☐

EXERCISE

	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 5 6 7 WEIGHT						

EXERCISE

	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 **2** 3 4 5 6 7 WEIGHT						

EXERCISE

	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 **3** 4 5 6 7 WEIGHT						

EXERCISE

	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 **4** 5 6 7 WEIGHT						

EXERCISE

|	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 **5** 6 7 WEIGHT						

EXERCISE

	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 5 **6** 7 WEIGHT						

EXERCISE

	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 5 6 **7** WEIGHT						

CARDIO

	TIME	DIST.	PACE	INT.	HR	
PRE-WORKOUT						☺ 😀
POST-WORKOUT						☹ 😐

DATE: _____ TIME: _____

BACK ☐ BICEPS ☐ LEGS ☐ ABS ☐
CHEST ☐ TRICEPS ☐ CALVES ☐ OTHER ☐
CARDIO ☐ FOREARMS ☐ SHOULDERS ☐

| M | T | W | T | F | S | S |

EXERCISE | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐
1 234567 | WEIGHT | | | | | |

EXERCISE | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐
1 **2** 34567 | WEIGHT | | | | | |

EXERCISE | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐
12 **3** 4567 | WEIGHT | | | | | |

EXERCISE | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐
123 **4** 567 | WEIGHT | | | | | |

EXERCISE | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐
1234 **5** 67 | WEIGHT | | | | | |

EXERCISE | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐
12345 **6** 7 | WEIGHT | | | | | |

EXERCISE | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐
123456 **7** | WEIGHT | | | | | |

CARDIO | TIME | DIST. | PACE | INT. | HR
PRE-WORKOUT | | | | | | ☺ 😀
POST-WORKOUT | | | | | | ☹ 😐

DATE: **TIME:**

M **T** **W** **T** **F** **S** **S**

BACK ☐   BICEPS ☐   LEGS ☐   ABS ☐
CHEST ☐   TRICEPS ☐   CALVES ☐   OTHER ☐
CARDIO ☐   FOREARMS ☐   SHOULDERS ☐

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 5 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 **2** 3 4 5 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 **3** 4 5 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 **4** 5 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 **5** 6 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 5 **6** 7 WEIGHT						

EXERCISE	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐
1 2 3 4 5 6 **7** WEIGHT						

CARDIO	TIME	DIST.	PACE	INT.	HR	
PRE-WORKOUT						☺ 😀
POST-WORKOUT						☹ 😐

DATE: ___ **TIME:** ___

M T W T F S S

BACK ☐ BICEPS ☐ LEGS ☐ ABS ☐
CHEST ☐ TRICEPS ☐ CALVES ☐ OTHER ☐
CARDIO ☐ FOREARMS ☐ SHOULDERS ☐

EXERCISE	REPS	REPS	REPS	REPS	REPS	REPS
	☐	☐	☐	☐	☐	☐
1 234567 WEIGHT						

EXERCISE	REPS	REPS	REPS	REPS	REPS	REPS
	☐	☐	☐	☐	☐	☐
1**2**34567 WEIGHT						

EXERCISE	REPS	REPS	REPS	REPS	REPS	REPS
	☐	☐	☐	☐	☐	☐
12**3**4567 WEIGHT						

EXERCISE	REPS	REPS	REPS	REPS	REPS	REPS
	☐	☐	☐	☐	☐	☐
123**4** 567 WEIGHT						

EXERCISE	REPS	REPS	REPS	REPS	REPS	REPS
	☐	☐	☐	☐	☐	☐
1234**5**67 WEIGHT						

EXERCISE	REPS	REPS	REPS	REPS	REPS	REPS
	☐	☐	☐	☐	☐	☐
12345**6** 7 WEIGHT						

EXERCISE	REPS	REPS	REPS	REPS	REPS	REPS
	☐	☐	☐	☐	☐	☐
123456**7** WEIGHT						

CARDIO	TIME	DIST.	PACE	INT.	HR	
PRE-WORKOUT						☺ 😀
POST-WORKOUT						☹ 😐

DATE:	TIME:							

M T W T F S S

BACK ☐ BICEPS ☐ LEGS ☐ ABS ☐
CHEST ☐ TRICEPS ☐ CALVES ☐ OTHER ☐
CARDIO ☐ FOREARMS ☐ SHOULDERS ☐

EXERCISE
1 2 3 4 5 6 7 WEIGHT

REPS	REPS	REPS	REPS	REPS	REPS
☐	☐	☐	☐	☐	☐

EXERCISE
1 **2** 3 4 5 6 7 WEIGHT

REPS	REPS	REPS	REPS	REPS	REPS
☐	☐	☐	☐	☐	☐

EXERCISE
1 2 **3** 4 5 6 7 WEIGHT

REPS	REPS	REPS	REPS	REPS	REPS
☐	☐	☐	☐	☐	☐

EXERCISE
1 2 3 **4** 5 6 7 WEIGHT

REPS	REPS	REPS	REPS	REPS	REPS
☐	☐	☐	☐	☐	☐

EXERCISE
1 2 3 4 **5** 6 7 WEIGHT

REPS	REPS	REPS	REPS	REPS	REPS
☐	☐	☐	☐	☐	☐

EXERCISE
1 2 3 4 5 **6** 7 WEIGHT

REPS	REPS	REPS	REPS	REPS	REPS
☐	☐	☐	☐	☐	☐

EXERCISE
1 2 3 4 5 6 **7** WEIGHT

REPS	REPS	REPS	REPS	REPS	REPS
☐	☐	☐	☐	☐	☐

CARDIO

	TIME	DIST.	PACE	INT.	HR
PRE-WORKOUT					
POST-WORKOUT					

| DATE:	TIME:

M T W T F S S

BACK ☐	BICEPS ☐	LEGS ☐	ABS ☐
CHEST ☐	TRICEPS ☐	CALVES ☐	OTHER ☐
CARDIO ☐	FOREARMS ☐	SHOULDERS ☐	

EXERCISE — REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐

1 2 3 4 5 6 7 — WEIGHT

EXERCISE — REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐

1 **2** 3 4 5 6 7 — WEIGHT

EXERCISE — REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐

1 2 **3** 4 5 6 7 — WEIGHT

EXERCISE — REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐

1 2 3 **4** 5 6 7 — WEIGHT

EXERCISE — REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐

1 2 3 4 **5** 6 7 — WEIGHT

EXERCISE — REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐

1 2 3 4 5 **6** 7 — WEIGHT

EXERCISE — REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐ | REPS ☐

1 2 3 4 5 6 **7** — WEIGHT

CARDIO	TIME	DIST.	PACE	INT.	HR
PRE-WORKOUT					
POST-WORKOUT					

DATE:	TIME:		BACK ☐	BICEPS ☐	LEGS ☐	ABS ☐

M **T** **W** **T** **F** **S** **S**

CHEST ☐ TRICEPS ☐ CALVES ☐ OTHER ☐
CARDIO ☐ FOREARMS ☐ SHOULDERS ☐

EXERCISE

1 2 3 4 5 6 7   WEIGHT

REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐

EXERCISE

1 **2** 3 4 5 6 7   WEIGHT

REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐

EXERCISE

1 2 **3** 4 5 6 7   WEIGHT

REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐

EXERCISE

1 2 3 **4** 5 6 7   WEIGHT

REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐

EXERCISE

1 2 3 4 **5** 6 7   WEIGHT

REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐

EXERCISE

1 2 3 4 5 **6** 7   WEIGHT

REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐

EXERCISE

1 2 3 4 5 6 **7**   WEIGHT

REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐	REPS ☐

CARDIO

	TIME	DIST.	PACE	INT.	HR
PRE-WORKOUT					
POST-WORKOUT					