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 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

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					