Printable Workout Logs

These logs complement the tracking methods described in Chapter 7: Progress Tracking. Use them alongside your digital tools (Habitica, Notion, Welltory) for a complete tracking system.

Weekly Workout Log

₩ WEEKLY WORKOL	JT LOG 🐕	
Week of:		
■ MONDAY (Light	Movement)	
Date:		
Energy Level (1-		
Sleep Hours:		
rrayer Focus:		
Exercise	Sets Reps Resistance	Notes
Bodyweight Squat		
Push-ups		
Plank Hold		
Walking Lunges		
0000		
Reflection:		
₩EDNESDAY (St	rength Focus)	
Date:		
Energy Level (1-		
Sleep Hours:	· · · · · · · · · · · · · · · · · · ·	
Prayer rocus		
Exercise	Sets Reps Resistance	Notes
Banded Squat		
Banded Row		
Banded Push-up		
Banded Glute Bri	dge	
Reflection:		
III THURSDAY (Fas	sting Day)	
Date:		
Energy Level (1-		
Sleep Hours:		
	•	
Exercise	Duration Notes	

Cat/Cow Stretch		
Child's Pose		
Side Bends		
Walking		
Walking		
- 67		
Reflection:		
FRIDAY (Post	-Fast)	
Date:		
Energy Level (1-		
Sleep Hours:	· ———	
-		
Prayer rocus		-
Exercise	Sets Reps Resistance Not	es
	·	
Bodyweight Squat	t	
Wall Push-ups		
Standing Rows		
· ·		
Walking		
5 63		
Reflection:		
SATURDAY (Ce	lebration)	
Date:		
Energy Level (1-		
Sleep Hours:	· ———	
	- 	
		-
Exercise	Sets Reps Resistance Not	es
		-
Bodyweight Squat	+	
Push-ups	-	
·		
Walking Lunges		
mountain Cilmber	^S	
	^S	
Reflection:		
Reflection:		
Reflection:		
Reflection:	ath)	
Reflection: SUNDAY (Sabb	ath)	
Reflection: SUNDAY (Sabb Date: Energy Level (1-	ath) -10):	
Reflection: SUNDAY (Sabb Date: Energy Level (1- Sleep Hours:	ath) -10):	
Reflection: SUNDAY (Sabb Date: Energy Level (1- Sleep Hours:	ath) -10):	
SUNDAY (Sabb Date: Energy Level (1- Sleep Hours: Prayer Focus:	ath) -10):	
Reflection: SUNDAY (Sabb Date: Energy Level (1- Sleep Hours: Prayer Focus: Activity	ath)	
Reflection: SUNDAY (Sabb Date: Energy Level (1-Sleep Hours: Prayer Focus: Activity	ath) -10):	
Reflection: SUNDAY (Sabb Date: Energy Level (1-Sleep Hours: Prayer Focus: Activity Prayer Walk	ath)	
Reflection: SUNDAY (Sabb Date: Energy Level (1-Sleep Hours: Prayer Focus: Activity Prayer Walk Mobility Work	ath) -10): Duration Notes	
Reflection: SUNDAY (Sabb Date: Energy Level (1- Sleep Hours: Prayer Focus: Activity	ath) -10): Duration Notes	
Reflection: SUNDAY (Sabb Date: Energy Level (1-Sleep Hours: Prayer Focus: Activity Prayer Walk Mobility Work	ath) -10): Duration Notes	
Reflection: SUNDAY (Sabb Date: Energy Level (1- Sleep Hours: Prayer Focus: Activity Prayer Walk Mobility Work Breathing Exercis	ath) -10): Duration Notes	
Reflection: SUNDAY (Sabbotate: Energy Level (1- Sleep Hours: Prayer Focus: Activity Prayer Walk Mobility Work Breathing Exercis	ath) -10): Duration Notes	

₩EEKLY SUMMARY
Total Workouts:
Average Energy:
Best Workout:
Challenges:
Spiritual Insights:
Goals for Next Week:
Transfer this summary to your Notion dashboard or Habitica weekly review

Monthly Progress Tracker

STRENGTH PF		
Exercise	Week 1 Week 2	1
Banded Squat Banded Row Push-ups Plank Hold		
ENERGY & RE		
Week 1 Week 2	Week 3 Week 4	
Avg Energy Avg Sleep Recovery Quali MOVEMENT QU	ALITY	
	Week 3 Week 4	
Squat Form Push-up Form Mobility Overall Flow	- DOLLTI	
SPIRITUAL 6		
Week 1 Week 2	Week 3 Week 4	
Prayer Focus Worship Qualit	у	

MONTHLY REFLECTION	
Strengths:	_
	_
Areas for Growth:	
	-
	-
Key Learnings:	
	-
Goals for Next Month:	
	
	-
VII +h-1 - d-+ - +d-+ II-77+	
Use this data to update your Welltory pat	terns and Notion monthly review

Quick Workout Notes

<pre></pre>			
	Sets Reps Notes		
1 2 3			
Prayer Focus: _			
How I Felt:			
Tomorrow's Focu	s:	_	
Transfer key p	oints to your Habitica da	ily log	

Instructions for Use

1. Weekly Workout Log

- o Print one per week
- Fill in dates and energy levels
- Track each exercise's sets, reps, and resistance
- Add notes about form or modifications

- o Complete reflections after each workout
- Review weekly summary on Sunday
- Transfer summary to digital tools

2. Monthly Progress Tracker

- Print one per month
- Update weekly with progress
- Use to identify patterns
- Track spiritual growth
- Set monthly goals
- Sync with digital tools

3. Quick Workout Notes

- Print multiple copies
- Use for impromptu workouts
- Track basic metrics
- Quick reflection tool
- o Transfer to digital logs

Tips for Success

- Keep logs in a visible place
- Review weekly on Sunday
- Use different colored pens for variety
- Add encouraging verses or quotes
- Celebrate progress, no matter how small
- Sync with digital tools regularly
- Use Welltory to validate energy levels
- Update Habitica tasks based on logs

Digital Integration

1. Notion

- Create a "Workout Logs" database
- Scan or type in weekly summaries
- Link to monthly progress
- Add photos of handwritten notes

2. Habitica

- Create daily workout tasks
- Add weekly review habits
- Track monthly goals
- Celebrate achievements

3. Welltory

Compare energy levels

- Track recovery patterns
- Monitor stress impact
- Validate workout intensity

Would you like:

- Digital versions of these logs?
- More detailed tracking categories?
- Additional integration guides?
- Custom log formats?