

Workout Log

Week of: _____

Program / block: _____

Bodyweight: _____

Warm-up

Date	Exercise	Sets	Reps	Weight (lb)	Rest	Notes / how it felt

Cool-down & stretching

Notes for next session

This is a record sheet, not a training plan. If you are new to training or have a health condition, agree the plan with a clinician or a qualified coach first.