WORKOUT LOG

By Giovanni A. Handzic

GOAL: _____

	Monday	Tuesday	Wednsday	Thursday	Friday	Saturday	Sunday
TIME/DATE:							AM/PM
CURRENT WEIGHT:							
LAST NIGHTS SLEEP:							
CALORIES BURNED:							
DURATION (minutes):							

NOTES: _____

EXERCISES	1RM*	SETS	REPS													Weight

***1RM** - One Rep Max (for reference)

CARDIO EXERCISES	TIME	DIST	INT**	TIME	DIST	INT	TIME	DIST	INT	TIME	DIST	INT	TIME	DIST	INT

***Intensity**: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate