EXERCISE LOG - DAILY

DATE: ____/____/____ DAY : M Tu W Th F Sa Su

GOALS / NOTES:

WARM UP

DESCRIPTION	TIME / DIST		SETS / REPS	

WEIGHT/ STRENGTH

DESCRIPTION	SETS / REPS		WEIGHT	*1RM

CARDIO

DESCRIPTION	TIME / DIST		SETS / REPS		**INT

COOL DOWN

DESCRIPTION	TIME / DIST		SETS / REPS	

***1RM** - One Rep Max (not required)

****INT - Intensity**: easy/medium/hard, or use 1-5 system