EXERCISE LOG - 5d

Date: ____/____/____ M Tu W Th F Sa Su | ____/____/____ M Tu W Th F Sa Su | ____/____/____ M Tu W Th F Sa Su | ____/____/____ M Tu W Th F Sa Su | ____/____/____ M Tu W Th F Sa Su

EXERCISE DESCRIPTION	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT
	TIME	DIST	*INT	TIME	DIST	*INT	TIME	DIST	*INT	TIME	DIST	*INT	TIME	DIST	*INT

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