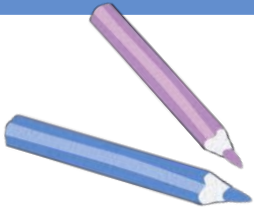


# WORKOUT LOG

Goals: \_\_\_\_\_



Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Stats: \_\_\_\_\_

<i>Exercise:</i>	<i>Sets</i>	<i>Reps</i>	<i>Wt</i>	<i>Sets</i>	<i>Reps</i>	<i>Wt</i>	<i>Sets</i>	<i>Reps</i>	<i>Wt</i>	<i>Sets</i>	<i>Reps</i>	<i>Wt</i>

<i>Cardio Exercise:</i>	<i>Time</i>	<i>Dist.</i>	<i>Int.</i>	<i>Time</i>	<i>Dist.</i>	<i>Int.</i>	<i>Time</i>	<i>Dist.</i>	<i>Int.</i>	<i>Time</i>	<i>Dist.</i>	<i>Int.</i>

Int.=intensity. Either low/medium/hard to rate 1-10.