# WORKOUT LOG

Goals: _____

Date: _____ _____ _____ _____

Weight: _____ _____ _____ _____

Stats: _____ _____ _____ _____

| Exercise: | Sets | Reps | Wt | Sets | Reps | Wt | Sets | Reps | Wt | Sets | Reps | Wt |
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| Cardio Exercise: | Time | Dist. | Int. | Time | Dist. | Int. | Time | Dist. | Int. | Time | Dist. | Int. |
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Int.=intensity. Either low/medium/hard to rate 1-10.