

WORKOUT LOG

Goals: _____

Date:							
Weight:							
Sleep:							
Calories:							
Water:							

<i>Core Exercises:</i>	<i>Reps</i>	<i>Weight</i>	<i>Reps</i>	<i>Weight</i>	<i>Reps</i>	<i>Weight</i>

<i>Upper Body Exercises:</i>	<i>Reps</i>	<i>Weight</i>	<i>Reps</i>	<i>Weight</i>	<i>Reps</i>	<i>Weight</i>

<i>Lower Body Exercises:</i>	<i>Reps</i>	<i>Weight</i>	<i>Reps</i>	<i>Weight</i>	<i>Reps</i>	<i>Weight</i>

<i>Cardio:</i>	<i>Time</i>	<i>Distance</i>	<i>Intensity</i>