Exercise Log

Name: _____

Week:	Monday /		Tuesday /		Wednesday /		Thursday /		Friday /		Notes:
	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	
Cardio											
	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	
Weights											

Week:	Monday /		Tuesday /		Wednesday /		Thursday /		Friday /		Notes:
	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	
Cardio											
	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	
Weights											

Week:	Monday /		Tuesday /		Wednesday /		Thursday /		Friday /		Notes:
	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	
Cardio											
	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	
Weights											

Week:	Monday /		Tuesday /		Wednesday /		Thursday /		Friday /		Notes:
	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	
Cardio											
	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	
Weights											

Week:	Monday /		Tuesday /		Wednesday /		Thursday /		Friday /		Notes:
	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	Method	Time/Distance	
Cardio											
	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	Weight	Reps/Sets	
Weights											