

WEEKLY TRAINING LOG

Plan the week on the left of each row, fill in what actually happened on the right.

Week of _____ Program _____

Day 1 Date _____ Focus _____

EXERCISE	SETS X REPS	WEIGHT	REPS DONE (PER SET)	RPE

Day 2 Date _____ Focus _____

EXERCISE	SETS X REPS	WEIGHT	REPS DONE (PER SET)	RPE

Day 3 Date _____ Focus _____

EXERCISE	SETS X REPS	WEIGHT	REPS DONE (PER SET)	RPE

Day 4 Date _____ Focus _____

EXERCISE	SETS X REPS	WEIGHT	REPS DONE (PER SET)	RPE

AVG BODYWEIGHT

AVG SLEEP

WINS / PRS THIS WEEK

CHANGE FOR NEXT WEEK

Tip: beat last session by one rep or a little more weight on at least one lift.

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