

WEIGHT TRAINING LOG

One sheet per workout. Log working sets: weight x reps.

Week ____ Day ____

DATE

WORKOUT / PROGRAM

BODYWEIGHT

SLEEP (HRS)

ENERGY (1-5)

EXERCISE	SET 1		SET 2		SET 3		SET 4		SET 5		RPE	NOTES
	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS		
	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS		
	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS		
	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS		
	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS		
	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS		
	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS		
	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS		

SESSION NOTES (FORM, PAIN, HOW IT FELT)

NEXT TIME I WILL...