

Fitness Log

DATE : _____ TOTAL WORKOUT TIME : _____

MUSCLE GROUP : _____

RESISTANCE TRAINING	SET : 1		SET : 2		SET : 3		SET : 4		SET : 5	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

CARDIO : _____

EXERCISE	DURATION	SPEED	DISTANCE

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MUSCLE GROUP : _____

RESISTANCE TRAINING	SET : 1		SET : 2		SET : 3		SET : 4		SET : 5	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

CARDIO : _____

EXERCISE	DURATION	SPEED	DISTANCE