Workout log

Planner · Logs

Date _____ Workout _____

	Set 1		Set 2		Set 3		Set 4	
Exercise	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

Notes _____

Date _____ Workout _____

	Set 1		Set 2		Set 3		Set 4	
Exercise	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

Notes _____