**WORKOUT LOG**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
| What is my fitness goal today? | What is my nutrition goal today? | What is my life goal today |
|  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| WARMUPS | Lines | Reps. | Sets |
|  |  |  |  |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| EXERCISE (Muscle Worked: O Lower body O Core O Upper Body O Others) | Lines | Reps | Sets |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

|  |  |  |
| --- | --- | --- |
| CARDIO | Time | Distance |
|  |  |  |
|  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| COOL DOWN | Lines | Reps. | Sets |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

|  |  |
| --- | --- |
| How do I feel? | What can I improve tomorrow |
|  |  |