**WORKOUT LOG  
  
GOALS:**

Track your fitness and strength training progress.

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|  | M Tu W Th F Sa Su |  | M Tu W Th F Sa Su |  | M Tu W Th F Sa Su |  | M Tu W Th F Sa Su |
| Date: |  |  |  |  |  |  |  |
| Weight: |  |  |  |  |  |  |  |
| Sleep (hrs): |  |  |  |  |  |  |  |
| Calories: |  |  |  |  |  |  |  |
| Time (minutes): |  |  |  |  |  |  |  |
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| Notes: |  |  |  |  |  |  |  |

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| Exercises | 1RM\* | Sets | Reps | Wt | Sets | Reps | Wt | Sets | Reps | Wt | Sets | Reps | Wt | Sets | Reps | Wt |
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| \***1RM** - One Rep Max (for reference) | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Cardio exercises |  | Time | Dist | Int\*\* | Time | Dist | Int | Time | Dist | Int | Time | Dist | Int | Time | Dist | Int |
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| **\*Intensity**: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate | | | | | | | | | |  |  |  |  |  |  | [42] |