Workout & Exercise Log

Date (Day/Month/Year): _____
Start Time: _____
End Time: _____

Scale Weight:	
Body Fat %:	
Fitness Goal:	**Strength/Muscle Building/Fat Loss/Endurance/Other:**
Sleep (HRS):	

Name of Workout: _____

Body Parts Trained (Circle all that apply):
Whole Body | Chest | Back | Shoulders | Legs | Calves | Biceps | Triceps | Abs | Other: _____

CARDIO/AEROBIC/CONDITIONING EXERCISE

EXERCISE	TIME/DISTANCE/ INTENSITY/SPEED/CALORIES	NOTES

WEIGHT, STRENGTH & RESISTANCE TRAINING

EXERCISE	WEIGHT	SETS	REPS	REST	NOTES

DIET & NUTRITION

MEAL	FOODS EATEN/INGREDIENTS	APPROXIMATE CALORIES
PRE-WORKOUT:		
POST-WORKOUT:		
DAILY SUPPLEMENTS:		

OVERALL WORKOUT RATING (1-10)		**MIND/BODY/WORKOUT NOTES:**	

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For examples of calories burned during everyday activities according to your body weight, check out this site!