

QUANTIFY YOUR TRAINING

\_\_\_\_\_ Workout

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ am/pm

CARDIO TODAY? YES NO \_\_\_\_\_ EXERCISE \_\_\_\_\_ DURATION \_\_\_\_\_

LENGTH OF WORKOUT: \_\_\_\_\_ LOCATION: \_\_\_\_\_

MOOD WHEN STARTING: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 40 pounds for 10 reps, you would write " 40 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3

TRAINING & NUTRITION NOTES: