

# Your workout, recorded.

One row per set. Write what you completed.

DATE \_\_\_\_\_ SESSION / GYM \_\_\_\_\_

UNIT ☐ kg ☐ lb LOAD CONVENTION \_\_\_\_\_

e.g. total barbell load / per-hand dumbbell load / displayed machine load

| #  | EXERCISE / VARIATION | TYPE | LOAD | REPS | REST / EFFORT / NOTES |
|----|----------------------|------|------|------|-----------------------|
| 1  |                      |      |      |      |                       |
| 2  |                      |      |      |      |                       |
| 3  |                      |      |      |      |                       |
| 4  |                      |      |      |      |                       |
| 5  |                      |      |      |      |                       |
| 6  |                      |      |      |      |                       |
| 7  |                      |      |      |      |                       |
| 8  |                      |      |      |      |                       |
| 9  |                      |      |      |      |                       |
| 10 |                      |      |      |      |                       |
| 11 |                      |      |      |      |                       |
| 12 |                      |      |      |      |                       |
| 13 |                      |      |      |      |                       |
| 14 |                      |      |      |      |                       |
| 15 |                      |      |      |      |                       |
| 16 |                      |      |      |      |                       |

TYPE WU = warm-up W = working Other: name it in notes

For single-arm or single-leg work, label reps per side; record L/R if different.

## COMPARE WITH LAST TIME

---

---