Workout Log

Date _____ **Workout type** _____ **Duration** _____

Strength training

Exercise	Set 1 (reps × lbs)	Set 2	Set 3	Set 4	Notes

Cardio

Activity	Time (min)	Distance	Avg. heart rate / effort (1–10)	Notes

Energy before (1–10) _____

Energy after (1–10) _____

Water _____

HOW I FELT / WHAT TO CHANGE NEXT TIME