



EXERCISE LOG

Client Name:								Date:									
Exercise	set 1		set 2		set 3		set 4		Exercise	set 1		set 2		set 3		set 4	
	wt	rep	wt	rep	wt	rep	wt	rep		wt	rep	wt	rep	wt	rep	wt	rep
Cardio	type						minutes		Cardio	type						minutes	
	intensity:			easy	mod	hard			intensity:			easy	mod	hard			
Client Name:								Date:									
Exercise	set 1		set 2		set 3		set 4		Exercise	set 1		set 2		set 3		set 4	
	wt	rep	wt	rep	wt	rep	wt	rep		wt	rep	wt	rep	wt	rep	wt	rep
Cardio	type						minutes		Cardio	type						minutes	
	intensity:			easy	mod	hard			intensity:			easy	mod	hard			