Weekly Workout Log

Strength	Mon			Tues			Weds			Thurs			Fri			Sat			Sun		
Exercise	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps
1.																					
2.																					
3.																					
4.																					
5.																					
6.																					
7.																					
8.																					
9.																					
10.																					
11.																					
12.																					

Cardio	Mon		Tues		Weds		Thurs		Fri		Sat		Sun	
Activity	Time	Level	Time	Level	Time	Level	Time	Level	Time	Level	Time	Level	Time	Level
1.														
2.														
3.														