LOG BOOK

DATE					
BODYWEIGHT					

EXERCISE	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT

CARDIO	TIME	DIST	INTEN	TIME	DIST	INTEN	TIME	DIST	INTEN	TIME	DIST	INTEN	TIME	DIST	INTEN

INTEN = INTENSITY - MODERATE ETC.