

STRENGTH PROGRESS

Date: _____

Body Weight: _____

EXERCISE	SET	WEIGHT (LBS/KG)	REPS	RPE / NOTES
	1			
	2			
	3			
	1			
	2			
	3			
	1			
	2			
	3			
	1			
	2			

EXERCISE	SET	WEIGHT (LBS/KG)	REPS	RPE / NOTES
	3			
	1			
	2			
	3			

SESSION NOTES (Sleep, Nutrition, Energy Levels):