

STRENGTH PROGRESS

Week of: _____

Focus: _____

EXERCISE NAME	SETS	REPS	WEIGHT	RPE	REST
1.					
2.					
3.					
4.					
5.					
6.					
7.					

MON
TUE
WED
THU
FRI
SAT
SUN

WEEKLY NOTES (Nutrition, Sleep, Energy Levels, PRs)