

GYM PROGRESS TRACKER

Date: _____

Weight: _____

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

	1			
	2			
	3			

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

3

WORKOUT SUMMARY & REFLECTION