

STRENGTH TRACKER

Weekly Progression Log

Name:

Week of:

EXERCISE NAME	SETS X REPS	WEIGHT (LBS/KG)	RPE / INTENSITY	STATUS
Squat / Leg Press				
Bench Press / Chest				
Deadlift / Hinge				
Overhead Press				
Row / Pull Variation				
Pull-ups / Lat Pulldown				
Core / Accessory				
Optional Extra				
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Optional Extra

Recovery & Performance Notes
Personal Strength Log - Consistency is Key