

WEEKLY MUSCLE GAIN TRACKER

WEEK OF: _____

WEIGHT: _____

DAY	EXERCISE	SETS	REPS	LOAD (LB/KG)	RPE
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Monday

Tuesday

Wednesday

Thursday

Friday

DAY	EXERCISE	SETS	REPS	LOAD (LB/KG)	RPE
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Saturday

Sunday

WEEKLY VOLUME TOTAL
NUTRITION / PROTEIN GOALS
RECOVERY & SLEEP QUALITY