

GYM SESSION LOG

Date:

Start Time:

Focus:

Strength & Resistance

EXERCISE	SET	WEIGHT	REPS/TIME	NOTES
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1

2

3

1

2

3

1

2

3

EXERCISE	SET	WEIGHT	REPS/TIME	NOTES
	1			
	2			
	3			

Cardio & Intensity

ACTIVITY
DURATION
DISTANCE/INCLINE
AVG HR / INTENSITY

Post-Workout Reflection

Energy Levels / Recovery Notes / Improvements for next time: