

WEEKLY WORKOUT LOG

Week Of: _____ Goal: _____

| DAY | EXERCISE / ACTIVITY | SETS | REPS | WEIGHT | NOTES |
|-----------|---------------------|------|------|--------|-------|
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Sunday | | | | | |

WEEKLY REFLECTION / CARDIO / NUTRITION NOTES