

EXERCISE ROUTINE REPETITION DATA

Cycle: _____

DATE:

START TIME:

BODY WEIGHT:

EXERCISE NAME

SET

WEIGHT

REPS

RPE

NOTES

1

2

3

1

2

3

1

2

EXERCISE NAME

SET

WEIGHT

REPS

RPE

NOTES

3

ACTIVITY

DURATION

INTENSITY/SPEED

AVG HEART RATE

DISTANCE

Mood, energy levels, sleep quality, or nutritional notes...