

# WEIGHTLIFTING RECORD

VOLUME TRACKING SHEET

DATE

SESSION START / END

BODY WEIGHT

| EXERCISE | SET | WEIGHT | REPS | RPE | NOTES |
|----------|-----|--------|------|-----|-------|
|          | 1   |        |      |     |       |
|          | 2   |        |      |     |       |
|          | 3   |        |      |     |       |
|          | 4   |        |      |     |       |
|          | 1   |        |      |     |       |
|          | 2   |        |      |     |       |
|          | 3   |        |      |     |       |
|          | 4   |        |      |     |       |
|          | 1   |        |      |     |       |
|          | 2   |        |      |     |       |
|          | 3   |        |      |     |       |
|          | 4   |        |      |     |       |

| EXERCISE | SET | WEIGHT | REPS | RPE | NOTES |
|----------|-----|--------|------|-----|-------|
|----------|-----|--------|------|-----|-------|

1

2

3

4

1

2

3

4

SESSION NOTES (RECOVERY, MOOD, NUTRITION)