

STRENGTH TRAINING ACHIEVEMENT LOG

ATHLETE: _____
CYCLE: _____
GOAL: _____

EXERCISE NAME	BASE MAX	SETS/REPS	PERSONAL BEST	PROGRESS TRACKER
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Back Squat

Deadlift

Bench Press

Overhead Press

Pull Ups / Rows

NOTES & OBSERVATIONS:

Progress through discipline. Date Range: ____ / ____ / ____ to ____ / ____ / ____