FITSTREAM

Weight training log

Date: _____ **Notes:** _____

Start time: _____

End time: _____

Duration: _____

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
Exercise	***PB / Prev best***	**Wt / Reps**	**Wt / Reps**	**Wt / Reps**	**Wt / Reps**	**Wt / Reps**	**Wt / Reps**	**Wt / Reps**	**Wt / Reps**	**Wt / Reps**	**Wt / Reps**