DisciplineOS

WORKOUT LOG

Track your fitness and strength training progress.   GOALS: _____

	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su
DATE:					

WEIGHT: _____

SLEEP (hrs): _____

CALORIES: _____

TIME (minutes): _____

NOTES:

EXERCISES	1RM*	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT

*1RM - One Rep Max (for reference)

CARDIO EXERCISES	TIME	DIST	INT**	TIME	DIST	INT	TIME	DIST	INT	TIME	DIST	INT	TIME	DIST	INT

*Intensity: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate   https://www.vertex42.com/ExcelTemplates/workout-log.html