


Workout								
Date:								
Muscle Group(s):								
Warm-Up								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	
	Weight	Weight	Weight	Weight	Weight	Weight	Weight	
Cool-Down:								
Stretching (y/n)? Type:								
Cardio:								
Comments:								
Mood: (Before/After)								
Food: (Before/After)								
Supplements: (Prior/during/After)								
Sleep:								
Length of workout:								
Location of workout:								