



Workout Log Book

DATE STARTED _____

THIS WORKOUT LOG BOOK IS THE PROPERTY OF

CONTACT NUMBER

CONTACT EMAIL

Goals

GOAL #1
TARGET DATE / /

GOAL #2
TARGET DATE / /

GOAL #3
TARGET DATE / /

DATE / /

S☐ M☐ T☐ W☐ T☐ F☐ S☐

HOW I FEEL

☐ ☐ ☐ ☐ ☐

ENERGY

☐ ☐ ☐ ☐ ☐

ACTIVITY

☐ ☐ ☐ ☐ ☐

OZ/MLS

HOURS

LBS/KG

BREAKFAST	SERVING SIZE	PROTEIN	FAT	CARBS	CALORIES
LUNCH					
DINNER					
SNACKS					
WHAT WENT WELL?					
WHAT NEEDS TO IMPROVE?					

S ☐ **M** ☐ **T** ☐ **W** ☐ **T** ☐ **F** ☐ **S** ☐

STRETCH ☐

STRETCH	
WARM UP	

COOL DOWN	
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EXERCISE

SET 1

SET 2

SET 3

SET 4

SET 5

WEIGHT

REPS

WEIGHT

REPS

WEIGHT

REPS

WEIGHT

REPS

WEIGHT

REPS

CARDIO

TIME

DISTANCE

INTENSITY/SPEED**TARGET HEART RATE**

ACTUAL HEART RATE

CALS BURNED

NOTES

HOW DID THE WORKOUT GO?

☐ **BAD**

☐ OK

☐ **GOOD**

☐ **GREAT**

DATE / /

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START TIME

FINISH TIME

MUSCLE GROUP

STRETCH

WARM UP

COOL DOWN

TRAINING LOG

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START TIME

FINISH TIME

MUSCLE GROUP

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TRAINING LOG

[illegible]

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☐ ☐ ☐ ☐ ☐

ENERGY

☐ ☐ ☐ ☐ ☐

ACTIVITY

☐ ☐ ☐ ☐ ☐

OZ/MLS

HOURS

LBS/KG

BREAKFAST	SERVING SIZE	PROTEIN	FAT	CARBS	CALORIES
LUNCH					
DINNER					
SNACKS					
WHAT WENT WELL?					
WHAT NEEDS TO IMPROVE?					

S ☐ **M** ☐ **T** ☐ **W** ☐ **T** ☐ **F** ☐ **S** ☐

STRETCH ☐

STRETCH	
WARM UP	

COOL DOWN	
-----------	--

EXERCISE

SET 1

SET 2

SET 3

SET 4

SET 5

WEIGHT

REPS

WEIGHT

REPS

WEIGHT

REPS

WEIGHT

REPS

WEIGHT

REPS

CARDIO

TIME

DISTANCE

INTENSITY/SPEED

TARGET HEART RATE

ACTUAL HEART RATE

CALS BURNED

NOTES

HOW DID THE WORKOUT GO?

☐ **BAD**

☐ OK

☐ **GOOD**

☐ **GREAT**

DATE / /

S☐ M☐ T☐ W☐ T☐ F☐ S☐

HOW I FEEL

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OZ/MLS



HOURS



LBS/KG



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STRETCH	
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HOW I FEEL

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ACTIVITY

 ☐ ☐ ☐ ☐ ☐ 

OZ/MLS



HOURS



LBS/KG



BREAKFAST	SERVING SIZE	PROTEIN	FAT	CARBS	CALORIES
LUNCH					
DINNER					
SNACKS					
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S ☐ **M** ☐ **T** ☐ **W** ☐ **T** ☐ **F** ☐ **S** ☐

STRETCH ☐

STRETCH	
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DATE / /

S☐ M☐ T☐ W☐ T☐ F☐ S☐

HOW I FEEL

 ☐ ☐ ☐ ☐ ☐ 

ENERGY

 ☐ ☐ ☐ ☐ ☐ 

ACTIVITY

 ☐ ☐ ☐ ☐ ☐ 

OZ/MLS



HOURS



LBS/KG



BREAKFAST	SERVING SIZE	PROTEIN	FAT	CARBS	CALORIES
LUNCH					
DINNER					
SNACKS					
WHAT WENT WELL?					
WHAT NEEDS TO IMPROVE?					

S ☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐

START TIME
FINISH TIME
MUSCLE GROUP

STRETCH	
WARM UP	
COOL DOWN	

TRAINING LOG

[illegible]

CARDIO	TIME	DISTANCE	INTENSITY/SPEED	TARGET HEART RATE	ACTUAL HEART RATE	CALS BURNED

NOTES

HOW DID THE WORKOUT GO?

☐	BAD
☐	OK
☐	GOOD
☐	GREAT

DATE / /

S☐ M☐ T☐ W☐ T☐ F☐ S☐

HOW I FEEL



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ENERGY



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ACTIVITY



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OZ/MLS



HOURS



LBS/KG



BREAKFAST	SERVING SIZE	PROTEIN	FAT	CARBS	CALORIES
LUNCH					
DINNER					
SNACKS					
WHAT WENT WELL?					
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DATE / /

S☐ M☐ T☐ W☐ T☐ F☐ S☐

HOW I FEEL

☐ ☐ ☐ ☐ ☐

ENERGY

☐ ☐ ☐ ☐ ☐

ACTIVITY

☐ ☐ ☐ ☐ ☐

OZ/MLS

HOURS

LBS/KG

BREAKFAST	SERVING SIZE	PROTEIN	FAT	CARBS	CALORIES
LUNCH					
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HOW I FEEL

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ENERGY

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HOURS



LBS/KG



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STRETCH ☐

STRETCH	
WARM UP	

COOL DOWN	
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EXERCISE

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HOW I FEEL



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ENERGY



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ACTIVITY



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OZ/MLS



HOURS



LBS/KG



BREAKFAST	SERVING SIZE	PROTEIN	FAT	CARBS	CALORIES
LUNCH					
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ENERGY

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ACTIVITY

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OZ/MLS



HOURS



LBS/KG



BREAKFAST	SERVING SIZE	PROTEIN	FAT	CARBS	CALORIES
LUNCH					
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HOURS

LBS/KG

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OZ/MLS



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