Daily Workout Log

|  |  |  |
| --- | --- | --- |
| Date: Type of workout/duration: My mood before/during/after exercise:  Exercise struggles:  How I felt the rest of the day: Other things to note: | Exercise progress: | Hours of sleep: |
| Date: Type of workout/duration: My mood before/during/after exercise:  Exercise struggles:  How I felt the rest of the day: Other things to note: | Exercise progress: | Hours of sleep: |
| Date: Type of workout/duration: My mood before/during/after exercise:  Exercise struggles:  How I felt the rest of the day: Other things to note: | Exercise progress: | Hours of sleep: |
| Date: Type of workout/duration: My mood before/during/after exercise:  Exercise struggles:  How I felt the rest of the day: Other things to note: | Exercise progress: | Hours of sleep: |
| Date: Type of workout/duration: My mood before/during/after exercise:  Exercise struggles:  How I felt the rest of the day: Other things to note: | Exercise progress: | Hours of sleep: |
| Date: Type of workout/duration: My mood before/during/after exercise:  Exercise struggles:  How I felt the rest of the day: Other things to note: | Exercise progress: | Hours of sleep: |

OFF days?