

Weekly Workout Log Sheet

Monday	<u>Exercises</u>	<u>Sets</u>	<u>Reps</u>	<u>Weight</u>	<u>Comments</u>
	<u>Cardio</u>	<u>Distance</u>	<u>Time</u>		
Tuesday	<u>Exercises</u>	<u>Sets</u>	<u>Reps</u>	<u>Weight</u>	<u>Comments</u>
	<u>Cardio</u>	<u>Distance</u>	<u>Time</u>		
Wednesday	<u>Exercises</u>	<u>Sets</u>	<u>Reps</u>	<u>Weight</u>	<u>Comments</u>
	<u>Cardio</u>	<u>Distance</u>	<u>Time</u>		
Thursday	<u>Exercises</u>	<u>Sets</u>	<u>Reps</u>	<u>Weight</u>	<u>Comments</u>
	<u>Cardio</u>	<u>Distance</u>	<u>Time</u>		
Friday	<u>Exercises</u>	<u>Sets</u>	<u>Reps</u>	<u>Weight</u>	<u>Comments</u>
	<u>Cardio</u>	<u>Distance</u>	<u>Time</u>		