**[EXERCISE LOG](https://www.vertex42.com/ExcelTemplates/exercise-log.html) GOALS:**

Track your fitness and strength training progress.

**DATE:** WEIGHT: SLEEP (hrs): CALORIES: **DAY**: M Tu W Th Fr Sa Su

**EXERCISES 1RM\* SETS REPS WT REST TIME DIST HR INT\*\* NOTES**

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| **EXERCISES** | **1RM\* SETS** | | **REPS** | **WT REST** | | **TIME** | **DIST HR** | | **INT\*\*** | **NOTES** |
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\***1RM** - One Rep Max (for reference) [42] **\*\*Intensity**: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard Copyright © 2009-2017 by Vertex42 LLC. All rights reserved. https://[www.vertex42.com/ExcelTemplates/exercise-log.html](http://www.vertex42.com/ExcelTemplates/exercise-log.html)