

Workout & Exercise Log

NAME: _____ TEACHER: _____ SECTION: _____
 Date (Day/Month/Year): _____ Start Time: _____ End Time: _____

Scale Weight:	
Body Fat % OR BMI:	
Fitness Goal:	Strength/Muscle Building/Fat Loss/Endurance/Other:
Sleep (HRS):	

Name of Workout: _____

RESTING HR: _____ TARGET HR: _____ ENDING HR: _____

Body Parts Trained (Circle all that apply):

Whole Body | Chest | Back | Shoulders | Legs | Calves | Biceps | Triceps | Abs | Other: _____

CARDIO/AEROBIC/CONDITIONING EXERCISE

EXERCISE	TIME/DISTANCE/ INTENSITY/SPEED/CALORIES	NOTES

WEIGHT, STRENGTH & RESISTANCE TRAINING

EXERCISE	WEIGHT	SETS	REPS	REST	NOTES / FITNESS COMPONENT(S)

DIET & NUTRITION

MEAL	FOODS EATEN/INGREDIENTS	APPROXIMATE CALORIES
BREAKFAST:		
LUNCH (IF APPLIES):		
SNACKS:		

OVERALL WORKOUT RATING (1-10)		MIND/BODY/WORKOUT NOTES:	
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