

Date: _____



<http://www.freeworkoutlog.com/>

Strength/Weights:

Exercise	Sets #	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Cardio/Other:

Exercise	Time	Dist	Int*	Time	Dist	Int	Time	Dist	Int

*Intensity: L - Light / M - Moderate / V – Vigorous