SIMPLY RESOURCEFUL / FREE PRINTABLE

Workout Log

Training period: _____ Weight unit: _____

Sessions	Total sets	Training volume
_____	_____	_____

01 / Main record

Exercise	Date	Sets	Reps per set	Weight	Volume	Notes

02 / Follow-up and planning

Progress goal	Target	Next session

03 / Review

Volume = sets x reps x weight _____

Recovery / adjustments _____