

BODY PARTS: _____

DAY: _____

Comp	exercise	weight	reps			logged
			1. 3.	2. 4.	5. 6.	
			1. 3.	2. 4.	5. 6.	
			1. 3.	2. 4.	5. 6.	
			1. 3.	2. 4.	5. 6.	
			1. 3.	2. 4.	5. 6.	
			1. 3.	2. 4.	5. 6.	

CARDIO:

machine _____

time _____

calories burned _____

machine _____

time _____

calories burned _____

TOTAL CALORIES BURNED: