

DATE	START TIME	FINISH TIME	TOTAL WORKOUT TIME

RESISTANCE EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
	SET						
	REP						
	SET						
	REP						
	SET						
	REP						
	SET						
	REP						
	SET						
	REP						
	SET						
	REP						
	SET						
	REP						

CARDIO EXERCISE	TIME	SETS	DISTANCE	HEART RATE	CALORIES

OTHER

