Training Log

Name ______________________________

Month:	Day:											
Exercise	*Notes*	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps