

WORKOUT LOG

STRENGTH & STABILITY EXERCISES

	SET 1	SET 2	SET 3	Weight
REPS	R / L	R / L	R / L	
REPS	R / L	R / L	R / L	
REPS	R / L	R / L	R / L	
REPS	R / L	R / L	R / L	
REPS	R / L	R / L	R / L	
REPS	R / L	R / L	R / L	
REPS	R / L	R / L	R / L	
REPS	R / L	R / L	R / L	
REPS	R / L	R / L	R / L	
REPS	R / L	R / L	R / L	
REPS	R / L	R / L	R / L	
REPS	R / L	R / L	R / L	
REPS	R / L	R / L	R / L	
REPS	R / L	R / L	R / L	
REPS	R / L	R / L	R / L	

CARDIO EXERCISE

	Distance	Time
Weekly Totals	TOTAL	TOTAL

MOBILITY EXERCISE

 SUN

 M

 T

 W

 TH

 F




































 SAT

NOTES:

GOALS:

DATE: ___/___/___

WORKOUT PLANNER

		WORKOUT PLANNER						
NOTES: / TIME: / LOCATION:		OTHER	STRENGTH	CARDIO	CORE	REST DAY	MOBILITY	OTHER
SUN		<input type="checkbox"/>	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/>
MON		<input type="checkbox"/>	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/>
TUE		<input type="checkbox"/>	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/>
WED		<input type="checkbox"/>	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/>
THU		<input type="checkbox"/>	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/>
FRI		<input type="checkbox"/>	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/>
SAT		<input type="checkbox"/>	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/>

Reminders:

- If something is scheduled, it's more likely to get done!
-
-
-
-

Goals: