

# Weekly Workout Log

Log sets, reps, and weights every session - track strength week over week.

NAME: \_\_\_\_\_ WEEK OF: \_\_\_\_\_ FITNESS GOAL: \_\_\_\_\_

MONDAY				Focus: _____
EXERCISE	SETS	REPS	WEIGHT	

Cardio: \_\_\_\_\_ Duration: \_\_\_\_\_ Notes: \_\_\_\_\_

TUESDAY				Focus: _____

Cardio: \_\_\_\_\_ Duration: \_\_\_\_\_ Notes: \_\_\_\_\_

WEDNESDAY				Focus: _____

Cardio: \_\_\_\_\_ Duration: \_\_\_\_\_ Notes: \_\_\_\_\_

THURSDAY				Focus: _____
EXERCISE	SETS	REPS	WEIGHT	

Cardio: \_\_\_\_\_ Duration: \_\_\_\_\_ Notes: \_\_\_\_\_

FRIDAY				Focus: _____

Cardio: \_\_\_\_\_ Duration: \_\_\_\_\_ Notes: \_\_\_\_\_

SATURDAY				Focus: _____

Cardio: \_\_\_\_\_ Duration: \_\_\_\_\_ Notes: \_\_\_\_\_

## WEEKLY SUMMARY

DAYS TRAINED	TOTAL SETS	PERSONAL BESTS THIS WEEK	NEXT WEEK'S FOCUS

Tip: Track progressive overload by increasing weight or reps by 2.5-5% each week.