Workout log

Date _____ Workout _____ Bodyweight _____ Unit (kg / lb) _____

Exercise	Set 1		Set 2		Set 3		Set 4		Set 5		Notes
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	

Write the weight and the reps of every set. Use Notes for how hard a set felt and anything that hurt.

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