



EARNED. NOT GIVEN.

STRENGTH TRAINING LOG

PLAN IT. TRACK IT. FINISH IT.

Log every lift. Track every set. Get stronger every day.
Use this log to track your training, intensity, and progress.

DATE: _____ WORKOUT #: _____ BODYWEIGHT: _____

MUSCLE GROUP: _____ DURATION: _____ GOAL: _____

EXERCISE LOG

RPE / EFFORT: 1-10

EXERCISE	SETS	REPS	WEIGHT	RPE	REST	NOTES

PERSONAL RECORDS

EXERCISE	BEST SET / REPS	WEIGHT	DATE

WORKOUT SUMMARY

OVERALL PERFORMANCE (1-10): _____

ENERGY LEVEL (1-10): _____

PUMP (1-10): _____

FOCUS (1-10): _____

NOTES:

POST WORKOUT NOTES

How did the workout feel? Any highlights or challenges?

NEXT SESSION GOALS

What will you focus on next session?

PROGRESS TRACKER

WEEKLY FOCUS: _____ THIS WEEK'S PRIORITY LIFT: _____

WINS: _____ AREAS TO IMPROVE: _____

YOU DON'T HAVE TO BE EXTREME. JUST CONSISTENT.