

Workout Tracker

Date: _____ Workout Type: _____ Workout Time: _____

EXERCISE	SET 1		SET 2		SET 3		SET 4		SET 5	
	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps

Date: _____ Workout Type: _____ Workout Time: _____

EXERCISE	SET 1		SET 2		SET 3		SET 4		SET 5	
	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps