

# 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