Date: _____ **Start Time:** _____ **End Time:** _____

Weight Training:
Legend: F (forced reps), N (negatives), C (cheat), DB (dumbbell)
W (warm up set), Inc. (Incline), BP (bench press), BB (barbell)
Body Parts Trained: _____

Exercise	Set 1		Set 2		Set 3		Set 4		Set 5	
	Wt.	Rep	Wt.	Rep	Wt.	Rep	Wt.	Rep	Wt.	Rep

Cardio:
Exercise: _____ *Start Time:* _____ *End Time:* _____
Program: _____ *Level:* _____ *Incline:* ____ *THR:* _____*bpm*

Abs:

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5

Nutrition Log: (Meal times at top, food item & qty underneath)

____:____	____:____	____:____	____:____	____:____	____:____

Notes:
_____
_____

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Cardio:
Exercise: _____ *Start Time:* _____ *End Time:* _____
Program: _____ *Level:* _____ *Incline:* ____ *THR:* _____*bpm*

Abs:

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5

Nutrition Log: (Meal times at top, food item & qty underneath)

____:____	____:____	____:____	____:____	____:____	____:____

Notes:
_____
_____

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