WORKOUT LOG DATE: SFFORT LEVEL: (1-10) STRESS LEVELS: low med high amount of workout completed: NUTRITION: healthy med unheal hours of sleep: ATTITUDE/MOOD: good ok bad											althy		
HOURS OF SLEEP:		Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Exercise		Weight	Reps or Time	Weight	Reps or Time	Weight	Reps or Time	Weight	Reps or Time	Weight	Reps or Time	Weight	Reps or Time
Notes: (Focus of work	kout, re	flect	ion o	n exe	ercise	s/wo	rkou	t, oth	er de	etails	and	insigł	nts)

WORKOUT LOG	DATE:												
EFFORT LEVEL: (1-10) AMOUNT OF WORKOUT COMPLETED: _ HOURS OF SLEEP:				STRESS LEVELS: low NUTRITION: healthy						med		high unhealthy bad	
Exercise	Se	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Weight	or Time	Weight	or Time	Weight	or Time	Weight	or Time	Weight	or Time	Weight	or Time	
Notes: (Focus of work	out, reflecti	on o	n exe	rcise	s/wo	rkou	t, oth	er de	etails	and	insigh	nts)	
													