

Days Since: 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22+

Mo Tu We Th Fr Sa Su Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM PM

Workout \_\_\_\_\_ Elapsed: \_\_\_\_\_  $\Sigma$  TUL: \_\_\_\_\_  $\Sigma$  Rest: \_\_\_\_\_

Exercise: \_\_\_\_\_  
Equipment Position: \_\_\_\_\_  
Resistance: \_\_\_\_\_ Reps @ Cadence, or TUL: \_\_\_\_\_  
Note: \_\_\_\_\_

Exercise: \_\_\_\_\_  
Equipment Position: \_\_\_\_\_  
Resistance: \_\_\_\_\_ Reps @ Cadence, or TUL: \_\_\_\_\_  
Note: \_\_\_\_\_

Exercise: \_\_\_\_\_  
Equipment Position: \_\_\_\_\_  
Resistance: \_\_\_\_\_ Reps @ Cadence, or TUL: \_\_\_\_\_  
Note: \_\_\_\_\_

Exercise: \_\_\_\_\_  
Equipment Position: \_\_\_\_\_  
Resistance: \_\_\_\_\_ Reps @ Cadence, or TUL: \_\_\_\_\_  
Note: \_\_\_\_\_

Exercise: \_\_\_\_\_  
Equipment Position: \_\_\_\_\_  
Resistance: \_\_\_\_\_ Reps @ Cadence, or TUL: \_\_\_\_\_  
Note: \_\_\_\_\_

Exercise: \_\_\_\_\_  
Equipment Position: \_\_\_\_\_  
Resistance: \_\_\_\_\_ Reps @ Cadence, or TUL: \_\_\_\_\_  
Note: \_\_\_\_\_