Workout Log

Track every set · compare sessions · break records

Date: _____ **Session Focus:** _____ **Total Time:** _____

Exercise	Set 1	Set 2	Set 3	Set 4	Weight / Resist.	Rest	Notes

SESSION REVIEW

Energy BEFORE 1 2 3 4 5

Energy AFTER 1 2 3 4 5

Personal Records / Pain Flags