STRENGTH TRAINING LOG

Track Your Fitness Journey

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Words to Keep

"Fitness is not a destination; it is a daily conversation with your body."

"Rest days are part of the plan, not a break from it."

"Strength grows with each rep you do not skip."

Week 1

Day	Workout Type	Sets/Reps	Duration	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Weekly goal:

How I felt:

Week 2

Day	Workout Type	Sets/Reps	Duration	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Weekly goal:

How I felt:

Week 3

Day	Workout Type	Sets/Reps	Duration	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Weekly goal:

How I felt:

Week 4

Day	Workout Type	Sets/Reps	Duration	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Weekly goal:

How I felt:

Week 5

Day	Workout Type	Sets/Reps	Duration	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Weekly goal:

How I felt:

Week 6

Day	Workout Type	Sets/Reps	Duration	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Weekly goal:

How I felt:

Week 7

Day	Workout Type	Sets/Reps	Duration	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Weekly goal:

How I felt:

Week 8

Day	Workout Type	Sets/Reps	Duration	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Weekly goal:

How I felt:

About This Printable

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