

Strength Training Logbook

Week 1 - S.M.A.R.T. Goal:

Example

Date	Mon Sept 20th			Wed Sept 22nd			Sat Sept 25th		
Exercise	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
<i>Half Squat</i>	<i>1</i>	<i>12</i>	<i>None</i>	<i>1</i>	<i>12</i>	<i>None</i>	<i>1</i>	<i>12</i>	<i>None</i>
<i>Bicep Curl</i>	<i>1</i>	<i>15</i>	<i>8 lbs</i>	<i>1</i>	<i>15</i>	<i>8 lbs</i>	<i>1</i>	<i>15</i>	<i>8 lbs</i>

Remember a 5-10 minute Warm-Up & Cool-Down.

Date									
Exercise	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight

End of Week Comments:

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Week 2 - S.M.A.R.T. Goal:

Remember a 5-10 minute Warm-Up & Cool-Down.

Date									
Exercise	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight

End of Week Comments:

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Week 3 - S.M.A.R.T. Goal:

Remember a 5-10 minute Warm-Up & Cool-Down.

Date									
Exercise	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight

End of Week Comments:

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Week 4 - S.M.A.R.T. Goal:

Remember a 5-10 minute Warm-Up & Cool-Down.

Date									
Exercise	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight

End of Week Comments:
