

Date: _____

Weight Training Journal

Strength/Weights:

Exercise	Sets #	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Cardio/Other:

Exercise	Time	Dist	Int*	Time	Dist	Int	Time	Dist	Int

*Intensity: L - Light / M - Moderate / V - Vigorous

Weight Training Journal Template

Journals For All



Weight Training Journal Template:

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CARDIO Exercises Distance Time Calories Burned

STRENGTH Upper Body Lower Body Abs Muscle Groups Exercises Sets Reps

WEIGHTMEASUREMENTYOUR GOALS

WEEKLY PROGRESS CHART This book is also the perfect gift for anybody with a passion for exercise Simple and easy to use the pages are ready and waiting to be filled

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