

Weight Training Journal

Exercise Guidelines - 5 Minutes Cardio, 3-5 mins Stretch body part to be exercised, 1-2 Warm up sets,
Rest - ____ Mins between sets.

Name -

Body Weight -

Day	Body Part	Exercises	Sets 1,2,3,4,5	Repetitions	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Progress Assessment - Weekly Progress

Body Weight -

Arm Circumference -

Chest -

Waist -