Week 1

Record what you did, not what you planned.

Session 1

Date _____ Session name _____

Weight unit (lifted load): ☐ kg ☐ lb

Write a different unit beside any exception.

Move	Sets	Reps	Weight	Notes

How it felt ☐ Easy ☐ About right ☐ Hard

Session 2

Date _____ Session name _____

Weight unit (lifted load): ☐ kg ☐ lb

Write a different unit beside any exception.

Move	Sets	Reps	Weight	Notes

How it felt ☐ Easy ☐ About right ☐ Hard

Session 3

Date _____ Session name _____

Weight unit (lifted load): ☐ kg ☐ lb

Write a different unit beside any exception.

Move	Sets	Reps	Weight	Notes

How it felt ☐ Easy ☐ About right ☐ Hard