

NAME _____ GOAL _____ WEEK NO. _____ START DATE _____

WEEK OVERVIEW

MON	TUE	WED	THU	FRI	SAT	SUN
FOCUS	FOCUS	FOCUS	FOCUS	FOCUS	FOCUS	FOCUS
TIME	TIME	TIME	TIME	TIME	TIME	TIME

WORKOUT LOG

DATE: ____ / ____ / ____

#	EXERCISE	SETS	REPS	KG	REST	DONE
1						☐
2						☐
3						☐
4						☐
5						☐
6						☐
7						☐
8						☐
9						☐
10						☐
11						☐
12						☐
13						☐
14						☐
15						☐
16						☐

NOTES
