



NAME: _____

DATE: _____

TIME START: _____

TIME END: _____

WARM-UP	TIME	NOTES

STRETCH:	TIME	NOTES

EXERCISE:	SET 1		SET 2		SET 3		SET 4	
	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT

CARDIO:	TIME	DISTANCE	PACE	HR