



Exercise Tracking Log

Name: _____

Date: _____				Date: _____			Date: _____			Date: _____			Date: _____		
Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3	
Weight or band level															
Repetitions: 1st time/day															
Repetitions: 2nd time/day															
Repetitions: 3rd time/day															
Date: _____				Date: _____			Date: _____			Date: _____			Date: _____		
Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3	
Weight or band level															
Repetitions: 1st time/day															
Repetitions: 2nd time/day															
Repetitions: 3rd time/day															
Date: _____				Date: _____			Date: _____			Date: _____			Date: _____		
Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3	
Weight or band level															
Repetitions: 1st time/day															
Repetitions: 2nd time/day															
Repetitions: 3rd time/day															
Date: _____				Date: _____			Date: _____			Date: _____			Date: _____		
Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3	
Weight or band level															
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Date: _____				Date: _____			Date: _____			Date: _____			Date: _____		
Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3	
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Repetitions: 3rd time/day															