

Date:

# Daily Workout Log

<b>Cardiovascular Training:</b>	<b>Time Spent:</b>	<b>Estimated Calories Burned:</b>
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Muscle Group	Exercise/Action	Reps.	Wt.	Reps.	Wt.	Reps.	Wt.	Reps.	Wt.
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									

**Notes:**

**Rating of Workout:**

**Food and Supplements Before?**

**Recommendations:**