

# Workout Log

		Week 1			Week 2			Week 3			Week 4			Week 5		
		Sets	Wt	Reps	Sets	Wt	Reps	Sets	Wt	Reps	Sets	Wt	Reps	Sets	Wt	Reps
<b>Exercise</b>	<b>Sunday</b> <b>Date:</b>															
<b>Exercise</b>	<b>Monday</b> <b>Date:</b>															
<b>Exercise</b>	<b>Tuesday</b> <b>Date:</b>															
<b>Exercise</b>	<b>Wednesday</b> <b>Date:</b>															
<b>Exercise</b>	<b>Thursday</b> <b>Date:</b>															
<b>Exercise</b>	<b>Friday</b> <b>Date:</b>															
<b>Exercise</b>	<b>Saturday</b> <b>Date:</b>															