

MONTH	M	T	W	T	F	S	S
March	4	5	6	7	8	9	10

2

1 → **LEGS**

3

Quads ← 4

EXERCISE

Squats → 5

MUSCLE GROUP	MON	TUE	WED	THU	FRI	SAT	SUN
SETS	3	 	2	 	2	 	
REPS	10	 	10,8	 	10,8	 	
LBS	135	 	150	 	150 135	 	

6

7

10

11

8

MUSCLE GROUP	MON	TUE	WED	THU	FRI	SAT	SUN
SETS	3	 	3	 	3	 	
REPS	1 → 9	 	10	 	10	 	
LBS	125	 	125	 	125	 	

- 1 Shows the body part on which you are concentrating.
- 2 Record the months in this space.
- 3 Fill in the days of the month for an accurate calendar of your workout.
- 4 Record the muscle group on which you are working.
- 5 Record which routines are performed.
- 6 Record the number of sets in a routine.
- 7 Record the number of repetitions in a set.
- 8 Record the amount of weight used.
- 9 Fill in the days you are working out, and cross out the days you are not.
- 10 This is an example of how you can record different reps for each set.
- 11 This is an example of different weights used in each set of repetitions.