Personal Training Log

Name: Start Date: End Date:

Day(s): Rest between sets: Total Time:

Category Number:

Cardio Exercises	***Duration***		***Frequency***		***Intensity (0-10 scale)***			
	Set 1		**Set 2**		**Set 3**		**Set4**	
Resistance Exercise Name	Wt.	Rep	Wt.	Rep	Wt.	Rep	Wt.	Rep
Flexibility Training								

Workout notes:

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