Workout log

Date: _____ Session: _____ Week: _____

EXERCISE	REP RANGE	SET 1	SET 2	SET 3	SET 4	SET 5	RIR	NOTES
		weight × reps	weight × reps	weight × reps	weight × reps	weight × reps		
		weight × reps	weight × reps	weight × reps	weight × reps	weight × reps		
		weight × reps	weight × reps	weight × reps	weight × reps	weight × reps		
		weight × reps	weight × reps	weight × reps	weight × reps	weight × reps		
		weight × reps	weight × reps	weight × reps	weight × reps	weight × reps		
		weight × reps	weight × reps	weight × reps	weight × reps	weight × reps		
		weight × reps	weight × reps	weight × reps	weight × reps	weight × reps		
		weight × reps	weight × reps	weight × reps	weight × reps	weight × reps		

Write down the weight and reps for every set. Once you hit the top of the range on every set, add weight next time: 5 lb on barbell lifts or the next dumbbell up.

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