

Workout Card

Name _____

Month: _____ Day: _____														
Exercise	Notes	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps
1		/	/	/	/	/	/	/	/	/	/	/	/	/
2		/	/	/	/	/	/	/	/	/	/	/	/	/
3		/	/	/	/	/	/	/	/	/	/	/	/	/
4		/	/	/	/	/	/	/	/	/	/	/	/	/
5		/	/	/	/	/	/	/	/	/	/	/	/	/
6		/	/	/	/	/	/	/	/	/	/	/	/	/
7		/	/	/	/	/	/	/	/	/	/	/	/	/
8		/	/	/	/	/	/	/	/	/	/	/	/	/
9		/	/	/	/	/	/	/	/	/	/	/	/	/
10		/	/	/	/	/	/	/	/	/	/	/	/	/
11		/	/	/	/	/	/	/	/	/	/	/	/	/
12		/	/	/	/	/	/	/	/	/	/	/	/	/
13		/	/	/	/	/	/	/	/	/	/	/	/	/
14		/	/	/	/	/	/	/	/	/	/	/	/	/
15		/	/	/	/	/	/	/	/	/	/	/	/	/
16		/	/	/	/	/	/	/	/	/	/	/	/	/

NOTES