Strength Training Log

Date : **Name :**

Description	Set	Reps	Weights Lifted	Set	Reps	Weights Lifted	Set	Reps	Weights Lifted	Set	Reps	Weights Lifted	Set	Reps	Weights Lifted

Training Duration	
Beginning Pulse	
Ending Pulse	
Weight	
Goal Weight	
Total Sets	
Total Reps	

Notes

sample