

WORKSHEET

WEIGHT-TRAINING PLANNER

Use this workout planner to keep track of your weight training. Enter specific exercises in the first column and then add your workout dates along the top as you go.

Exercise	Date	1/30/20								
Overhead Press	Weight	100								
	Reps	10								
	Sets	3								
Lat Pull-down	Weight	150								
	Reps	12								
	Sets	4								
	Weight									
	Reps									
	Sets									
	Weight									
	Reps									
	Sets									
	Weight									
	Reps									
	Sets									
	Weight									
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	Weight									
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