

# WORKOUT LOG

DATE:  
MUSCLE GROUP:

BEGIN TIME:  
END TIME:

**warmup:**

| Exercise | 1 | 2 | 3 | 4 | 5 | R |
|----------|---|---|---|---|---|---|
|          |   |   |   |   |   |   |
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|          |   |   |   |   |   |   |
|          |   |   |   |   |   |   |

**cardio:**

**STRETCHING:**

MOOD:

NOTES:

Energy:

FATIGUE:

SUPPLEMENTS:

water intake 