

Date	Weight Training Exercise	Wgt	Rep1	Wgt	Rep2	Wgt	Rep3	Wgt	Rep4	Wgt	Rep5
Wk#											
Mon											
	Cardio Exercise (Optional)	Time		Distance		Level		Energy (low, average, high)			
Date	Weight Training Exercise	Wgt	Rep1	Wgt	Rep2	Wgt	Rep3	Wgt	Rep4	Wgt	Rep5
Wk#											
Tue											
	Cardio Exercise (Optional)	Time		Distance		Level		Energy (low, average, high)			
Date	Weight Training Exercise	Wgt	Rep1	Wgt	Rep2	Wgt	Rep3	Wgt	Rep4	Wgt	Rep5
Wk#											
Wed											
	Cardio Exercise (Optional)	Time		Distance		Level		Energy (low, average, high)			

Date	Weight Training Exercise	Wgt	Rep1	Wgt	Rep2	Wgt	Rep3	Wgt	Rep4	Wgt	Rep5
Wk#											
Thu											
	Cardio Exercise (Optional)	Time		Distance		Level		Energy (low, average, high)			
Date	Weight Training Exercise	Wgt	Rep1	Wgt	Rep2	Wgt	Rep3	Wgt	Rep4	Wgt	Rep5
Wk#											
Fri											
	Cardio Exercise (Optional)	Time		Distance		Level		Energy (low, average, high)			

Wgt = Weight

Rep = Number of Repetitions/Set

Additional Notes (fatigue, soreness, sickness, etc.):