

The Training Log

One week, one page. Print it Sunday, take it with you, write on it with a pen.

WEEK BEGINNING

PROGRAMME / BLOCK

BODY WEIGHT

THE WEEK

DAY	EXERCISE	SETS X REPS	WEIGHT	RPE	NOTES

What went better than last week

BEFORE YOU CLOSE THE BOOK

- ☐ Wrote the weight down, not just the reps
- ☐ Noted anything that hurt (and where)

- ☐ Next week's first session already filled in
- ☐ Slept badly / ate badly — noted, not judged

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