FreeFitnessLogs.com

Date: Day:

Body Part	Description	Sets	Lbs / Reps	Heart Rate	Minutes
Abs	Crunches	3	20		25

Record your daily exercise (check for each day of the week):

	M	T	W	Th	F	Sat	Sun
Chest:	____	____	____	____	____	____	____
Back:	____	____	____	____	____	____	____
Legs:	____	____	____	____	____	____	____
Shoulders:	____	____	____	____	____	____	____
Biceps:	____	____	____	____	____	____	____
Triceps:	____	____	____	____	____	____	____
Abs:	____	____	____	____	____	____	____
Aerobics:	____	____	____	____	____	____	____

Go to FreeFitnessLogs.com for free printable food diaries!