Name: _____   **Start Date:** _____

It is important to keep track of each and every workout in order to achieve your fitness goals. Logging your workouts can help with workout consistency, motivation, and ensure you are keeping your workout challenging to see results. A training log can also tell you if certain days or times are not working for you. It is also fun to look back on your old logs and see what you used to do way back when!

1. Fill out each section of the log each day to get the full benefits!

2. Write the date (day of week, month, day, year) and time of workout in the appropriate sections

3. Did you do cardio today? Before or after the workout? Write this down in the section marked "CARDIO?" You might find that your workouts are less intense if you do cardio before a workout. This section can help you keep track.

4. Mood: How are you feeling today? Tired? Energized? Depressed? Frustrated with work? Sad because of bad news? Write it down here! Maybe every Wednesday at noon you are feeling tired and not realizing it. Now you will know!

5. Exercise: This is the name of the exercise you are performing e.g. Leg Press

6. Length of Workout: Write down how long the workout took you from start to finish. You can look back and see if you are working out intensely or socializing in-between sets.

7. Comments: Important! How did the workout go? What happened that was interesting? What supplements did you take today? Learn anything? Write it all here!

8. Workout Location: This is for people that workout at different locations often.

YMCA of Newfoundland and Labrador

Workout Log

Day: _____   Date: _____   Time: _____ am/pm

Length of Workout: _____   Weight: _____   Location: _____

Mood when starting: _____

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10".

Resistance Training

Exercise Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

(Training, Nutrition, Supplement etc)

Additional Notes

_____

_____

_____

_____

_____

_____

_____

Cardio Training

Name: _____   Week of: _____

Treadmill

Date	Time (mins)	Speed (mph)	Grade (%)	Distance (miles/km)	Heart Rate (beats/10 secs)

Rower

Date	Time (mins)	SPM (avg)	Watts (avg)	Distance (meters)	Heart Rate (beats/10 secs)

Bike (Recumbent or Upright)

Date	Time (mins)	Program	Level	Distance (miles)	RPM	Heart Rate (beats/10 secs)

Workout Log

Cross Trainer

Date	Time (mins)	Program	Level	Distance	Heart Rate (beats/10 secs)

Arc Trainer

Date	Time (mins)	Program	Level	Distance	Speed	Heart Rate (beats/10 secs)

Fitness Class

Date	Time (mins)	Class Type	Heart Rate (beats/10 secs)