

# EXERCISE LOG

Track your fitness and strength training progress.

**GOALS:** General fitness and confidence

## Bodyweight Full Body Basics

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: **Mo** Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Bodyweight Squats	3	10-12		60	10-12	Keep back straight, knees over toes.
Wall Push-ups	3	8-10		60	8-10	Keep body straight, engage core.
Glute Bridges	3	10-12		60	10-12	Squeeze glutes at the top.
Plank	2	20-30 seconds		60	20-30 seconds	Keep body straight, don't sag hips.

## Lower Body and Core Focus

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu **We** Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Step-ups (use stairs or stable surface)	3	8-10 each leg		60	8-10 each leg	Controlled movement, use support if needed.
Bird Dog	3	10 each side		60	10 each side	Keep core engaged, avoid arching back.
Side Plank	2	15-20 seconds each side		60	15-20 seconds each side	Keep body aligned.
Wall Sit	2	20-30 seconds		60	20-30 seconds	Keep knees at 90 degrees.

## Upper Body Basics

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th **Fr** Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Incline Push-ups (use table or bench)	3	8-10		60	8-10	Maintain straight body line.
Superman Hold	3	20 seconds		60	20 seconds	Lift arms and legs, breathe steadily.
Chair Dips (use sturdy chair)	3	6-8		60	6-8	Keep elbows close to body.
Dead Bug	3	10 each side		60	10 each side	Move slowly, focus on core control.

## Active Recovery and Mobility

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa **Su**

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Child's Pose Stretch	1	30-60 seconds			30-60 seconds	Relax and breathe deeply.
Cat-Cow Stretch	2	8-10			8-10	Slow and controlled.
Standing Hip Circles	2	10 each direction			10 each direction	Keep torso stable.
Walking for 15-20 minutes	1					Maintain comfortable pace.

\*1 RM = 1 One Rep Max (for reference)

\*\*Intensity: L/M/V = Light/Moderate/Vigorous or E/M/H =  
Easy/Medium/Hard

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