

EXERCISE LOG

Track your fitness and strength training progress.

GOALS: Energy, fat loss, and consistency

Full Body Energizer

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Bodyweight Squats	2	12-15		45	12-15	Keep feet shoulder-width apart, back straight.
Incline Wall Push-ups	2	10-12		45	10-12	Hands on a wall, maintain a straight body line.
Glute Bridges	2	15		45	15	Squeeze glutes at the top.
Standing Marches	2	30 seconds		30	30 seconds	Lift knees high to engage core.

Core and Balance

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Bird Dog	3	10 each side		45	10 each side	Keep core engaged, avoid arching back.
Side Plank (Knees Down)	2	15-20 seconds each side		45	15-20 seconds each side	Keep body aligned, knees on the floor for support.
Dead Bug	3	10 each side		45	10 each side	Focus on slow controlled movement.
Standing Side Leg Raises	2	12 each leg		30	12 each leg	Keep torso upright.

Lower Body & Cardio

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Step-ups (Use a sturdy step)	3	10 each leg		45	10 each leg	Controlled movement, use support if needed.
Wall Sit	2	20-30 seconds		45	20-30 seconds	Keep knees bent at 90 degrees.
Jumping Jacks (Low Impact Option)	2	30 seconds		30	30 seconds	Modify to step jacks if needed.
Calf Raises	3	15-20		30	15-20	Hold onto a support for balance.

Upper Body & Mobility

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Incline Push-ups (Hands on a sturdy surface)	3	8-10		45	8-10	Maintain straight body line.
Chair Dips (Use a sturdy chair)	2	8-10		45	8-10	Keep elbows close to body.
Superman Hold	2	20-30 seconds		45	20-30 seconds	Lift arms and legs off the floor.

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Gentle Standing Chest Opener Stretch	1	30 seconds			30 seconds	Open chest and breathe deeply.

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

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

Sample By [DocMiral.com](https://www.docmiral.com)