

EXERCISE LOG

Track your fitness and strength training progress.

GOALS: Fat loss and habit building

Gym Full Body Introduction

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Treadmill Walking (Warm-up)	1	10 minutes			10 minutes	Start slow, moderate pace.
Assisted Leg Press	3	10-12	Light	60	10-12	Use light weight, focus on form.
Seated Chest Press Machine	3	8-10	Light	60	8-10	Control the movement, steady pace.
Lat Pulldown Machine	3	8-10	Light	60	8-10	Keep back straight, engage core.
Bodyweight Glute Bridges	3	10-15		60	10-15	Squeeze glutes at top.

Gym Lower Body and Core

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Elliptical or Stationary Bike (Warm-up)	1	10 minutes			10 minutes	Comfortable pace to raise heart rate.
Bodyweight Squats or Supported Squat (hold onto stable surface)	3	10-12		60	10-12	Maintain good knee alignment.
Hip Abductor Machine	3	10-12	Light	60	10-12	Controlled movements.
Plank (on knees if needed)	2	20-30 seconds		60	20-30 seconds	Keep body straight, avoid sagging.
Seated Russian Twists (without weight)	3	10 each side		60	10 each side	Move slowly, focus on core engagement.

Gym Upper Body and Habit Building

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Treadmill Walking (Warm-up)	1	10 minutes			10 minutes	Moderate pace.
Dumbbell Shoulder Press (light weight)	3	8-10	Light	60	8-10	Keep back straight, controlled movement.
Assisted Push-ups (use bench or wall)	3	8-10		60	8-10	Maintain straight line from head to feet.
Bicep Curl with Dumbbells (light)	3	10-12	Light	60	10-12	Slow, controlled curls.
Bird Dog Exercise	3	10 each side		60	10 each side	Keep core engaged, avoid arching back.

Optional Light Activity and Mobility

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Gentle Yoga or Stretching Routine	1	20-30 minutes			20-30 minutes	Focus on breathing and mobility.
Walking Outdoors or on Treadmill	1	20-30 minutes			20-30 minutes	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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