

EXERCISE LOG

Track your fitness and strength training progress.

GOALS: Strength, balance, and bone density

Lower Body Strength and Balance

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Goblet Squats (with dumbbell)	3	10-12	Moderate dumbbell	90	10-12	Keep chest up, knees tracking toes.
Step-ups (use bench or platform)	3	8-10 each leg	Bodyweight or light dumbbells	90	8-10 each leg	Focus on controlled movement and balance.
Single-Leg Deadlifts (with light dumbbells)	3	8 each leg	Light dumbbells	90	8 each leg	Keep back straight, slight knee bend.
Calf Raises	3	15-20	Bodyweight or holding dumbbells	60	15-20	Pause at top for balance.

Upper Body Strength

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Chest Press (machine or dumbbells)	3	10-12	Moderate	90	10-12	Maintain controlled motion.
Seated Row (machine or bands)	3	10-12	Moderate	90	10-12	Squeeze shoulder blades together.
Overhead Dumbbell Press	3	8-10	Light to moderate	90	8-10	Keep core engaged.
Bicep Curls	3	12-15	Light to moderate	60	12-15	Slow controlled movement.

Balance and Core Stability

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Standing Hip Abduction (with resistance band)	3	12 each leg	Resistance band	60	12 each leg	Keep torso upright.
Bird Dog	3	10 each side		60	10 each side	Keep core tight, avoid arching back.
Plank (on knees if needed)	3	20-30 seconds		60	20-30 seconds	Maintain straight line from head to knees/toes.
Heel-to-Toe Walk	2	20 steps		60	20 steps	Focus on balance.

Bone Density and Mobility

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Weight Bearing Walking (treadmill or outdoors)	1	20-30 minutes			20-30 minutes	Maintain steady pace.
Bodyweight Squats	3	12-15		60	12-15	Controlled movement.
Wall Push-ups	3	10-12		60	10-12	Keep body straight.

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Standing Side Leg Raises	3	12 each side		60	12 each side	Slow and steady.

*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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