

EXERCISE LOG

Track your fitness and strength training progress.

GOALS: Fat loss and stress reduction

Full Body Fat Burn Circuit

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Bodyweight Squats	3	12-15		30	12-15	Maintain good posture, go at a steady pace.
Incline Push-ups (use countertop)	3	10-12		30	10-12	Keep body straight, engage core.
Glute Bridges	3	15		30	15	Squeeze glutes at the top.
Plank	3	30 seconds		30	30 seconds	Keep body aligned and tight.

Stress Relief & Core Activation

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Cat-Cow Stretch	2	10			10	Slow, controlled movement to improve spine flexibility.
Bird Dog	3	12 each side		30	12 each side	Keep hips stable, engage core.
Side Plank	3	20 seconds each side		30	20 seconds each side	Maintain body straightness.
Child's Pose Stretch	1	60 seconds			60 seconds	Deep breathing for relaxation.

Lower Body & Cardio Boost

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Step-ups (use stairs or sturdy chair)	3	12 each leg		30	12 each leg	Drive through heel, controlled movement.
Wall Sit	3	30 seconds		30	30 seconds	Keep knees at 90 degrees.
Marching in place	3	1 minute		30	1 minute	Raise knees to waist level to increase heart rate.
Glute Kickbacks (on all fours)	3	15 each leg		30	15 each leg	Squeeze glutes at top.

Upper Body Strength & Relaxation

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Incline Push-ups (use countertop)	3	12		30	12	Maintain straight body line.
Chair Dips (use sturdy chair)	3	10		30	10	Keep elbows close to body.
Superman Hold	3	30 seconds		30	30 seconds	Lift arms and legs, breathe steadily.
Deep Breathing & Shoulder Rolls	2	10 rolls			10 rolls	Stress relief and mobility.

*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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