

EXERCISE LOG

Track your fitness and strength training progress.

GOALS: Toning and fat loss

Lower Body and Core Burn

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Bodyweight Squats	4	15-20		45	15-20	Keep knees behind toes, engage core.
Glute Bridges	4	15-20		45	15-20	Squeeze glutes at the top.
Plank	3	30-40 seconds		45	30-40 seconds	Keep body aligned, avoid sagging hips.
Side Leg Raises	3	12-15 each side		45	12-15 each side	Control movement, focus on glutes.

Upper Body and Core Tone

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

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Incline Push-ups (use countertop)	4	10-12		45	10-12	Keep body straight, engage core.
Superman Hold	3	30 seconds		45	30 seconds	Lift arms and legs, steady breathing.
Chair Dips (use sturdy chair)	3	10-12		45	10-12	Keep elbows close to body.
Dead Bug	3	12 each side		45	12 each side	Controlled movement, engage core.

Full Body Conditioning

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)	4	12 each leg		45	12 each leg	Use support if needed.
Bird Dog	3	12 each side		45	12 each side	Keep core tight, slow controlled motion.
Wall Sit	3	30-40 seconds		45	30-40 seconds	Keep knees at 90 degrees.
Mountain Climbers	3	30 seconds		45	30 seconds	Focus on steady pace, engage core.

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	60 seconds			60 seconds	Relax and breathe deeply.
Cat-Cow Stretch	2	10			10	Move slowly and smoothly.
Standing Hip Circles	2	15 each direction			15 each direction	Keep torso stable.
Light Walking or Marching in Place	1	10 minutes			10 minutes	Maintain moderate 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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