

Exercise Activity Log

Name:

Date:

<i>Resistance Training</i>							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Activity							
Reps/Sets							
RPE/Intensity							

<i>Cardiovascular Training</i>							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Activity							
Duration							
RPE/Intensity							
HR zone							