GYM WORKOUT LOG

# Weekly Strength Tracker

*Write exercise • sets • reps • weight*

## PUSH

| Exercise | Sets | Reps | Weight | RPE |
|---|---|---|---|---|
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## PULL

| Exercise | Sets | Reps | Weight | RPE |
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## LEGS

| Exercise | Sets | Reps | Weight | RPE |
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## UPPER

| Exercise | Sets | Reps | Weight | RPE |
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## LOWER

| Exercise | Sets | Reps | Weight | RPE |
|---|---|---|---|---|
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## FULL / CARDIO

| Exercise | Sets | Reps | Weight | RPE |
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GYM WORKOUT LOG

# Progress & Body Notes

*Track the numbers that matter to you*

## Monthly strength goals

## Measurements (optional)

## Sleep, stress, energy notes