



Petal & Paper

YOUR FREE PRINTABLE

Workout log



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THIS WEEK'S TRAINING

workout log

Monday — Upper body

Exercise 1: _____ Sets: _ Reps: _ Weight:

—

Exercise 2: _____ Sets: _ Reps: _ Weight:

—

Exercise 3: _____ Sets: _ Reps: _ Weight:

—

Notes: _____

Friday — Full body

Exercise 1: _____ Sets: _ Reps: _ Weight:

—

Exercise 2: _____ Sets: _ Reps: _ Weight:

—

Exercise 3: _____ Sets: _ Reps: _ Weight:

—

Notes: _____

Wednesday — Lower body

Exercise 1: _____ Sets: _ Reps: _ Weight:

—

Exercise 2: _____ Sets: _ Reps: _ Weight:

—

Exercise 3: _____ Sets: _ Reps: _ Weight:

—

Notes: _____

Cardio this week

Monday: ____ mins Type:

Wednesday: ____ mins Type:

Weekend: ____ mins Type:

Weekly total: ____ mins