

Workout Log — Record Every Training Session

Tracking your workouts is the single most reliable habit for making consistent fitness progress. This free printable workout log gives you space to record every session — exercise, sets, reps, weight and how you felt.

What to record

- Date and duration
- Each exercise: sets × reps × weight
- Rest periods where relevant
- Effort level (1–10) and energy notes

Progressive overload

The principle behind all strength gains: gradually increase demand over time. Your log tells you exactly what you did last week, so you know when you're ready to add a rep or an extra kilo.