DAILY LOG SHEETS

DATE _____	SET 1		SET 2		SET 3	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

DATE _____	SET 1		SET 2		SET 3	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

DATE _____	SET 1		SET 2		SET 3	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS