

Training Progress Log

Date	Body Weight
Meal 1 Time:	
Meal 2 Time:	
Meal 3 Time:	
Meal 4 Time:	
Meal 5 Time:	
Meal 6 Time:	
Snacks	
Diet Feedback	
Training Feedback	

Exercise Log

Exercise	Set 1		Set 2		Set 3		Set 4		Set 5	
	W	R	W	R	W	R	W	R	W	R
Leg Curl										
Bent Over Row										
Barbell Curl										