Diet Tip Daily – Beginning Weight Training Log

Five Weeks of your Beginning Weight Training Program
Keep These Log Sheets To Review Your Progress and See How Far You've Come

Week _____

Stretching							
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Legs straight							
Leg side to side							
Legs bent							
Hurdler stretch							
Splits							
Front fold							
Weight Training							
_	Monday			Wednes	day	Friday	
Bench Press		<u> </u>					
Leg Extensions							
Dumbbell Curls							
Leg Curls							
Dumbbell Side Raise	es						
Notes							