



Gym Training Log

Personal Information	
Name	
Age	
Height	
Weight	

Day	Exercise	Sets	Reps	Weight
Monday	1.			
	2.			
	3.			
	4.			
	5.			
Tuesday	1.			
	2.			
	3.			
	4.			
	5.			
Wednesday	1.			
	2.			
	3.			
	4.			
	5.			
Thursday	1.			
	2.			
	3.			
	4.			
	5.			
Friday	1.			
	2.			
	3.			
	4.			
	5.			
Saturday	1.			
	2.			
	3.			
	4.			
	5.			
Sunday	Rest Day / Active Recovery			

Nutrition	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Caloric Intake						
Protein Intake						
Carbohydrates Intake						
Fats Intake						

Progress Tracking	
Weekly Weight	
Chest Measurement	
Waist Measurement	
Hips Measurement	
Arms Measurement	
Legs Measurement	



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