Muscular Strength and Endurance Exercise Record Form

Name_____ Body Weight_____ 1RM_____(1 repetition max)

Goals_____

Month:																Year:
Upper Body	Week 1			Week 2			Week 3			Week 4			Week 5			
exercise	sets	reps	res	sets	reps	res	sets	reps	res	sets	reps	res	sets	reps	res	
Calories																

Month:																Year:
Week 6				Week 7			Week 8			Week 9			Week 10			
sets	reps	res	sets	reps	res	sets	reps	res	sets	reps	res	sets	reps	res		

Month:																Year:
Lower Body	Week 1			Week 2			Week 3			Week 4			Week 5			
exercise	sets	reps	res	sets	reps	res	sets	reps	res	sets	reps	res	sets	reps	res	
Calories																

Month:																Year:
Week 6				Week 7			Week 8			Week 9			Week 10			
sets	reps	res	sets	reps	res	sets	reps	res	sets	reps	res	sets	reps	res		