

PAGE 1 OF 3 • SESSION LOG

Workout log **template**

CLIENT OR NAME

WORKOUT (E.G. UPPER A)

DATE

BODYWEIGHT	SLEEP (HOURS)	ENERGY 1 TO 5	SESSION LENGTH (MIN)	PAIN OR NIGGLES
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EXERCISE	SET 1		SET 2		SET 3		SET 4		SET 5		RPE TOP SET	NOTES
	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS		
											6 7 8 9 10	
											6 7 8 9 10	
											6 7 8 9 10	
											6 7 8 9 10	
											6 7 8 9 10	
											6 7 8 9 10	
											6 7 8 9 10	
											6 7 8 9 10	
											6 7 8 9 10	
											6 7 8 9 10	
											6 7 8 9 10	
											6 7 8 9 10	
											6 7 8 9 10	
											6 7 8 9 10	

Copy this page for each session. Fill in the load and reps for every working set. Warm-up sets do not need to be logged.

Load is the weight you lifted. Write the unit you use (kg or lb) once at the top.

Reps are the reps you finished, not the reps you planned.

RPE is effort on the last set. 10 means none left, 9 means 1 rep left, 8 means 2 left.

Notes are for pain, a swap, a form cue or a PR.

PAGE 2 OF 3 • LIFT PROGRESS TRACKER

Lift progress tracker

ONE BLOCK PER LIFT Heaviest working set	RAISE THE LOAD WHEN Top of range, every set	ACSM SUGGESTS 2 to 10% increase
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One block per lift. Copy the heaviest working set from each session. When you hit the top of your rep range on every set, raise the load next session. ACSM suggests a 2 to 10% increase when you can do 1 to 2 reps more than the target.

Lift 1 _____ START _____  GOAL _____

DATE	TOP SET LOAD	REPS	RPE	NEXT SESSION LOAD

Lift 2 _____ START _____  GOAL _____

DATE	TOP SET LOAD	REPS	RPE	NEXT SESSION LOAD

Lift 3 _____ START _____  GOAL _____

DATE	TOP SET LOAD	REPS	RPE	NEXT SESSION LOAD

Example session

EXAMPLE

CLIENT OR NAME

Sam (example)

WORKOUT (E.G. UPPER A)

Lower and upper

DATE

7 Oct

BODYWEIGHT	SLEEP (HOURS)	ENERGY 1 TO 5	SESSION LENGTH (MIN)	PAIN OR NIGGLES
72 kg	7.5	3	55	none

EXERCISE	SET 1		SET 2		SET 3		SET 4		SET 5		RPE TOP SET	NOTES
	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS		
Back squat	100	8	100	8	100	7	100	7			6 7 8 9 10	
Bench press	70	10	70	9	70	9					6 7 8 9 10	
Romanian deadlift	80	10	80	10	80	9					6 7 8 9 10	Grip slipped
Chest-supported row	40	12	40	11	40	10					6 7 8 9 10	
Overhead press	40	8	40	8	40	7					6 7 8 9 10	
Plank (sec)		45		45		40					6 7 8 9 10	

Example numbers in kg to show how a log is filled in. They are not a recommendation for any person. Load is what was lifted, reps is what was completed, RPE is effort on the last set.