



MOVE

Strength training log



Week:..... Date:..... Muscles trained:.....

Warm-up activity:..... Warm-up time:.....

Exercise	Set number	Number of reps	Weight/Set	Perceived intensity
1. Notes/Observations				
2. Notes/Observations				
3. Notes/Observations				
4. Notes/Observations				
5. Notes/Observations				

Cool Down/Stretch

Activity:..... Time:.....

Activity:..... Time:.....

Activity:..... Time:.....

How did you feel?

