

Quick notes on how to use

The first page is for every workout you do.

Workout type is what is your aim at this workout? Burn Fat? Gain Muscle? Strength?

Date can help you keep record of how much days passed from your previous workout

Location is important if you travel a lot. Different gyms got different machines and equipment and also 2 machines of the same time can have different difficulty level with the same weight

Time helps you keep track of how much your training took and what time of the day it was

Current stats help you measure your aim - weight, waist, chest, biceps and etc. Feel free to set your own goals

On the **workout table** you can write:

the **name** of the exercise

the **goal** you aim. For example 12 reps/ 50 lbs. Use new line for each set

perform shows how much did you manage to complete of your goal

In **notes** write everything you notice in the set. For example was it too heavy should you increase the weight, was there any pain and etc

Energy level is for the overall feeling you have trough the day and workout
Some days are not that good for workouts. We all have them.

Post workout details contains all the information after the workout. Muscle soreness, feeling, even pains. It can go for all days untill the next workout.

On the second page you will monitor your progress by exercises

You will need one table once in a while since this will monitor your overall progress

Fill in after each workout

Type each exercise with their **types** (gain, strength, burn, etc), so next time you use it you will know your exact progress and where to start from (but never forget to warm-up good)
You can type also **notes** about the overall efficiency of the exercises. Different people can find various exercises to have different effect on them. Monitor that effect.

Keep the progress steady guys!

*Best Regards,
Veso M*