

TRAINING DIARY TEMPLATES

Resistance exercises

Week:			Date: ___/___/___		
Day: Monday Tuesday Wednesday Thursday Friday Saturday Sunday					
Session rating of perceived exertion:					
General comments:					
Region	Exercise name	Body weight or dumbbell (kg)	Repetitions		
			Set 1	Set 2	Set 3
Upper body	e.g. push-up	body weight	12	9	8
Core					
Lower body					

