DAILY TRAINING LOG

CLIENT NAME / TRAINER	CLIENT'S CONDITION	
DATE	TRAINING TYPE	
SESSION / TIME	PRENOTIFICATION	

EXERCISE NAME	MUSCLE GROUP	SET 1		SET 2		SET 3			SET 4				
		Weight	Reps	RPE	Weight	Reps	RPE	Weight	Reps	RPE	Weight	Reps	RPE

NOTE: