Exercise Log - courtesy of http://belly-fat-loser.com
Visit BellyFatLoser for all the latest in fat loss and fitness.

Monday - Date_____ Body Weight_____

Time_____

Cardio_____ Time_____

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Tuesday - Date_____

Time_____

Cardio_____ Time_____

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Save Big On Resistance Trainers at http://www.SmoothFitness.com

Exercise Log - courtesy of http://belly-fat-loser.com
Visit BellyFatLoser for all the latest in fat loss and fitness.

Wednesday - Date_____

Time_____

Cardio_____ Time_____

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Thursday - Date_____ Body Weight_____

Time_____

Cardio_____ Time_____

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Save up to 60% on the best supplements at
http://www.theVitaminShoppe.com

Exercise Log - courtesy of http://belly-fat-loser.com
Visit BellyFatLoser for all the latest in fat loss and fitness.

Friday - Date_____

Time_____

Cardio_____ Time_____

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Saturday - Date_____ Body Weight_____

Time_____

Cardio_____ Time_____

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___

Exercise_____ Sets___ Reps___ Weight___