

DAILY WORKOUT PLANNER



DATE:

MUSCLE GROUP:

WORKOUT:

Exercise	Reps/Time	Sets	Rest

CARDIO:

Exercise	Reps/Time	Sets	Rest

NOTES:

Fatigue Rating

(1 = no fatigue 5 = total fatigue)

1 2 3 4 5

Workout Rating

(1 = didn't enjoy it 5 = really enjoyed it)

1 2 3 4 5