FolarraStudio

Strength Training Log

lift · log · progress

PRINTABLE · WORKOUTS, PRS & PROGRAMS

This Log Belongs To

for lifters at every level

NAME _____

STARTED ON _____

GYM / STUDIO _____

COACH _____

GOAL _____

How to use this log

- Print the whole planner once, then print extra copies of the pages you use most, such as the Workout and Program pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Write each workout with sets, reps and weight, and update your personal records when you beat them.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My training word

Why I train

Contents

tap a title in the digital planner to jump to it

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Workout Log

one session per page



DATE _____ PROGRAM / DAY _____

EXERCISE	SET 1	SET 2	SET 3	SET 4	NOTES

Weekly Program

split by day

PROGRAM _____ WEEKS _____

DAY	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Personal Records

beat them one by one

LIFT	1 REP	5 REPS	DATE	BODYWEIGHT
Squat				
Bench press				
Deadlift				
Overhead press				
Pull-up				
Row				

Monthly Progress

lifts by month

YEAR _____ GOAL _____

MONTH	SQUAT	BENCH	DEADLIFT	PRESS
Jan				
Feb				
Mar				
Apr				
May				
Jun				
Jul				
Aug				
Sep				
Oct				
Nov				
Dec				
Total				

Body Measurements

every 4 weeks

DATE	WEIGHT	CHEST	WAIST	ARMS	LEGS

Recovery Log

sleep and soreness

DATE	SLEEP HRS	SORENESS	ENERGY	NOTES

Training Goals

aim high

Strength

Skills

Consistency

Rewards

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this log makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

Terms of use

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- Colors may look slightly different on screen and on paper.
- Questions or ideas? Write to me through folarrastudio.com, I am happy to help.

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