



# Resistance Training Diary

	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
Exercises	Dumbbell Row	Half Squat or Leg Extension	Bicep Curl	Leg Curl	External Rotation or Lateral Raise	Heel Raise or Toe Press	Chest Fly or Wall Push up	Abdominal Curl or Seated Curl	Triceps Extension	Bird Dog
Other Exercise										
Date:										
Weight										
Reps & #Sets										
RPE										
Date:										
Weight										
Reps & #Sets										
RPE										
Date:										
Weight										
Reps & #Sets										
RPE										

**Medical Visits & Medicine Changes:** List any changes in your medicine, hospital visits (emergency), doctor visits, lab tests etc.

Visits & Reason	Date	Name of Service or Test or Procedure

Name of Medicine	Date of Change	Dose (how much?) & Frequency (how often?)