

Resistance Training Diary

	1	2	3	4	5	6	7	8	9
Exercises	Lunge or Thigh Press	Wall Push up or Table Slide	Half Squat or Leg Raise	Chair Dip or Hand Lean	Stair Climbing	Heel Raise	Bridging Exercise or Leg Curl	Bird Dog	Supine Curl Up or Seated Curl
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?)