

LITTLE
GYM
BOOK
.COM

**EAT
SLEEP
GYM
REPEAT**

LITTLEGYMBOOK.COM

SHORT TERM GOALS: 0 to 3 MONTHS

GOAL	TARGET DATE	COMPLETED DATE

MEDIUM TERM GOALS: 3 to 6 MONTHS

GOAL	TARGET DATE	COMPLETED DATE

LONG TERM GOALS: 6 to 12 MONTHS

GOAL	TARGET DATE	COMPLETED DATE

NOTES

PERSONAL RECORDS

	DATE					
	WEIGHT					
	REPS					
	DATE					
	WEIGHT					
	REPS					
	DATE					
	WEIGHT					
	REPS					
	DATE					
	WEIGHT					
	REPS					
	DATE					
	WEIGHT					
	REPS					
	DATE					
	WEIGHT					
	REPS					

NOTES

DRAFT

DRAFT

WEEK	DAY	DATE	MUSCLE GROUP

EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
1	WEIGHT						
	REPS						
2	WEIGHT						
	REPS						
3	WEIGHT						
	REPS						
4	WEIGHT						
	REPS						
5	WEIGHT						
	REPS						
6	WEIGHT						
	REPS						
7	WEIGHT						
	REPS						
8	WEIGHT						
	REPS						
9	WEIGHT						
	REPS						
10	WEIGHT						
	REPS						

CARDIO	SPEED / LEVEL	DISTANCE	TIME	CALORIES BURNED

ACHIEVEMENTS / NOTES / NEXT TIME...

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