


Workout Journal



A 30-Day Guided Journal



Table / Log

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

-
- Log your body weight at the top of each page to track body composition trends
 - Enter the exercise name, target muscle group, and sets x reps for each movement
 - Record the weight lifted (use 0 for bodyweight exercises like pull-ups or push-ups)
 - Note exercise duration in minutes for timed sets, circuits, or cardio intervals
 - Use the notes column for form cues, fatigue rating, or modifications to the exercise



Scan for a detailed guide on how to use this journal

