

# EXERCISE LOG

Date: \_\_\_\_\_

Day: M T W T F S S

Exercises	Sets	Reps	Minutes	Distance	Notes (Intensity Level, etc.)



Energy Level (Before Exercise)

1 2 3 4 5

Pain Level (Before Exercise)

1 2 3 4 5



Energy Level (Immediately After Exercise)

1 2 3 4 5

Pain Level (Immediately After Exercise)

1 2 3 4 5



Energy Level (Four Hours After Exercising)

1 2 3 4 5

Pain Level (Four Hours After Exercising)

1 2 3 4 5



Energy Level (Day After)

1 2 3 4 5

Pain Level (Day After)

1 2 3 4 5

Goals for Next Exercise Session: