12-week workout journal · Week 1

Keep a record, then review what happened.

Week beginning

What I planned

What changed

One note for next week

Day	Session / rest	What I completed	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Notes

The twelve pages are blank weekly records, not a twelve-week training programme.

Attach a workout-log sheet when you want the individual sets behind a session.

12-week workout journal · Week 2

Keep a record, then review what happened.

Week beginning

What I planned

What changed

One note for next week

Day	Session / rest	What I completed	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Notes

The twelve pages are blank weekly records, not a twelve-week training programme.

Attach a workout-log sheet when you want the individual sets behind a session.

12-week workout journal · Week 3

Keep a record, then review what happened.

Week beginning

What I planned

What changed

One note for next week

Day	Session / rest	What I completed	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Notes

The twelve pages are blank weekly records, not a twelve-week training programme.

Attach a workout-log sheet when you want the individual sets behind a session.

12-week workout journal · Week 4

Keep a record, then review what happened.

Week beginning

What I planned

What changed

One note for next week

Day	Session / rest	What I completed	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Notes

The twelve pages are blank weekly records, not a twelve-week training programme.

Attach a workout-log sheet when you want the individual sets behind a session.

12-week workout journal · Week 5

Keep a record, then review what happened.

Week beginning

What I planned

What changed

One note for next week

Day	Session / rest	What I completed	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Notes

The twelve pages are blank weekly records, not a twelve-week training programme.

Attach a workout-log sheet when you want the individual sets behind a session.

12-week workout journal · Week 6

Keep a record, then review what happened.

Week beginning

What I planned

What changed

One note for next week

Day	Session / rest	What I completed	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Notes

The twelve pages are blank weekly records, not a twelve-week training programme.

Attach a workout-log sheet when you want the individual sets behind a session.

12-week workout journal · Week 7

Keep a record, then review what happened.

Week beginning

What I planned

What changed

One note for next week

Day	Session / rest	What I completed	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Notes

The twelve pages are blank weekly records, not a twelve-week training programme.

Attach a workout-log sheet when you want the individual sets behind a session.

12-week workout journal · Week 8

Keep a record, then review what happened.

Week beginning

What I planned

What changed

One note for next week

Day	Session / rest	What I completed	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Notes

The twelve pages are blank weekly records, not a twelve-week training programme.

Attach a workout-log sheet when you want the individual sets behind a session.

12-week workout journal · Week 9

Keep a record, then review what happened.

Week beginning

What I planned

What changed

One note for next week

Day	Session / rest	What I completed	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Notes

The twelve pages are blank weekly records, not a twelve-week training programme.

Attach a workout-log sheet when you want the individual sets behind a session.

12-week workout journal · Week 10

Keep a record, then review what happened.

Week beginning

What I planned

What changed

One note for next week

Day	Session / rest	What I completed	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Notes

The twelve pages are blank weekly records, not a twelve-week training programme.

Attach a workout-log sheet when you want the individual sets behind a session.

12-week workout journal · Week 11

Keep a record, then review what happened.

Week beginning

What I planned

What changed

One note for next week

Day	Session / rest	What I completed	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Notes

The twelve pages are blank weekly records, not a twelve-week training programme.

Attach a workout-log sheet when you want the individual sets behind a session.

12-week workout journal · Week 12

Keep a record, then review what happened.

Week beginning

What I planned

What changed

One note for next week

Day	Session / rest	What I completed	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Notes

The twelve pages are blank weekly records, not a twelve-week training programme.

Attach a workout-log sheet when you want the individual sets behind a session.