

Jefferson-Nava F.I.T. Log

Name:	Day:	Date:	Time:
Cardio: Circle Response YES - NO	Cardio Exercise:		
	Cardio Duration:		
Length of Weight Training:	Weight:	Mood:	

Instructions: In the spaces below, fill in the weight you used and the number of repetitions you performed. If you did 50 pounds for 15 reps, you would write "50 X 15".

EXERCISE	SET 1	SET 2	SET 3
CHEST PRESS			
PEC FLY			
SHOULDER PRESS			
LAT PULLDOWN			
SEATED ROW			
TRICEPS EXTENSION			
BICEP CURL			
LEG CURL			
LEG EXTENSION			
LEG PRESS			
AB CRUNCH			

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