

# Resistance Training Diary

Exercises	1. Dumbbell Row	2. Half Squat	3. Bicep Curl	4. Leg Curl	5. Lateral Raise	6. Heel Raises	7. Supine Fly/Wall Push up	8. Abdominal Exercise	9. Tricep Extension	10. Bird Dog
Other Exercise										
Date:										
Weight										
Reps & #Sets										
RPE										
Date:										
Weight										
Reps & #Sets										
RPE										
Date:										
Weight										
Reps & #Sets										
RPE										

**Medical Visits & Medication Changes:** List any changes in medication and hospital/emergency/lab/doctor's visits

Visits & Reason	Date	Name of Service/Test/Procedure

Medication(s)	Date of Change	Dose/Frequency