AlphAs Weightlifting Tracker

Date:	Total Workout Time:					
Program:	_	Warm-up:	□Yes	□No		
Notes:						
	Set 1		Set 2		Set 3	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Date:	Total Workout Time:					
Program:	_ Warm-up: □Yes □No					
	_	·				
Notes:	Set 1		Set 2		Set 3	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps