FLEXIBLE WORKOUT LOG

PAPER TO DIGITAL

Choose any day. Record on paper, then transfer each session once to your digital log.

A4 LANDSCAPE | ONE SHEET PER WEEK

Week _____ / 8 **Dates** _____ to _____ **Paper reference** _____ Digital entry ☐ = transferred

STRENGTH - CHOOSE A OR B FOR EACH SESSION

A / B REFERENCE Alternate A and B across strength sessions. Weeks 1-4: 2 sets per exercise. Weeks 5-8: 3 sets for main exercises. Rest 60-90 sec or as needed.	Date _____ Time _____ Activity **A / B** Min _____ RPE _____ ☐ Entered digitally	Date _____ Time _____ Activity **A / B** Min _____ RPE _____ ☐ Entered digitally	Date _____ Time _____ Activity **A / B** Min _____ RPE _____ ☐ Entered digitally
A Squat / B Romanian deadlift 10-12 reps	load _____ sets ____ reps ____/____/____	load _____ sets ____ reps ____/____/____	load _____ sets ____ reps ____/____/____
A Floor press / B Shoulder press 8-12 reps	load _____ sets ____ reps ____/____/____	load _____ sets ____ reps ____/____/____	load _____ sets ____ reps ____/____/____
A Dumbbell row / B Band row 10-15 reps	load _____ sets ____ reps ____/____/____	load _____ sets ____ reps ____/____/____	load _____ sets ____ reps ____/____/____
A Glute bridge / B Step-up 10-15 reps; step-up each leg	load _____ sets ____ reps ____/____/____	load _____ sets ____ reps ____/____/____	load _____ sets ____ reps ____/____/____
A Plank / B Side plank 15-40 sec; side plank each side	sets _____ sec ____/____/____	sets _____ sec ____/____/____	sets _____ sec ____/____/____

Load = kg per dumbbell or band ID. Enter one reps / seconds value per completed set.
A/B are workout types, not weekdays. Circle the workout you actually completed.

RUNNING - CHOOSE ANY DATE

SESSION Circle type. RPE: 1 easy to 10 maximum	Date _____ Time _____ **Easy / Controlled** Other: _____ ☐ Entered digitally	Date _____ Time _____ **Easy / Controlled** Other: _____ ☐ Entered digitally
Distance (km)		
Time (min:sec)		
Pace (min/km)		
Avg HR (bpm)		
Max HR (bpm)		
RPE (1-10)		
Recovery / notes		

Recovery: minutes until breathing feels easy + symptoms.
Easy = conversation; controlled = no maximal effort.

OTHER ACTIVITY / WALK / RECOVERY

Date	Time	Activity	Min	Km	RPE / notes	Digital
						☐
						☐

Week totals: Strength _____ Runs _____ Cardio* _____ min Run distance _____ km

Reflection / next activity: _____

*Cardio = actual run + walk minutes. Tick Digital only after saving that record online.

BODY MEASUREMENTS - ANY DAY

Date	Time	Weight kg	Waist cm	Digital
				☐
				☐

Warm up 5-10 min; cool down 5 min. Increase gradually.
Lift with control; breathe normally. Stop for chest discomfort, faintness or unusual breathlessness; seek medical advice.
Follow your physician's advice and any required follow-up.