

## Nutritional Log

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Supplements							
Breakfast							
Lunch							
Snack							
Pre Workout							
Post Workout							
Dinner							

Day	Muscle Group	Exercise	Progression	Tempo	Rest Period		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes
Monday						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
Tuesday						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
				Reps									
				Weight									

Day	Muscle Group	Exercise	Progression	Tempo	Rest Period		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes
Wednesday						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
Thursday						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
				Reps									
				Weight									



Day	Muscle Group	Exercise	Progression	Tempo	Rest Period		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes
Sunday						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							