MY TRAINING PLAN

Use this page to record your training plan and document your performance progress over four weeks at the same time.

How to track your progression

For each exercise, record your best clean working set of the session — weight × reps.
Example: 80 kg × 8

EXERCISE	SETS	REPS	START	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SESSION A | Training focus: _____							
SESSION B | Training focus: _____							
SESSION C | Training focus: _____							

YOUR NOTES