**Training Log:** Primary, Assistance & Auxiliary Lifts **Circle the Day: Mon Tue Wed Thu Fri Sat Sun Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Session Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sets** | **1** | **2** | **3** | **4** | **5** |
| **Exercise** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

 **Rest Periods: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Time Taken: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Volume: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Overall RPE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sets** | **1** | **2** | **3** | **4** | **5** |
| **Exercise** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

 **Rest Periods: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Time Taken: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Volume: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Overall RPE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sets** | **1** | **2** | **3** | **4** | **5** |
| **Exercise** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

 **Rest Periods: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Time Taken: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Volume: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Overall RPE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sets** | **1** | **2** | **3** | **4** | **5** |
| **Exercise** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

 **Rest Periods: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Time Taken: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Volume: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Overall RPE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sets** | **1** | **2** | **3** | **4** | **5** |
| **Exercise** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** | **%** | **W** | **R** | **RPE** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

 **Rest Periods: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Time Taken: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Volume: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Overall RPE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Key: % = Percentage of 1RM / W = Weight / R = Reps / RPE = Rating of Perceived Exertion**

**Nutrition Log:** Record fluid intake up to, and during the time of the meal **Circle the Day: Mon Tue Wed Thu Fri Sat Sun Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Meal 1 – Time:** | **Fluid Intake (Millilitres)** | **Protein (Grams)** | **Carbs (Grams)** | **Fat (Grams)** | **Calories (kcal)** |
|  | **Water:** | **Other Fluids:** |  |  |  |  |
| **Meal 2 – Time:** | **Fluid Intake (ml)** | **Protein (g)** | **Carbs (g)** | **Fat (g)** | **Calories (kcal)** |
|  | **Water:** | **Other Fluids:** |  |  |  |  |
| **Meal 3 – Time:** | **Fluid Intake (ml)** | **Protein (g)** | **Carbs (g)** | **Fat (g)** | **Calories (kcal)** |
|  | **Water:** | **Other Fluids:** |  |  |  |  |
| **Meal 4 – Time:** | **Fluid Intake (ml)** | **Protein (g)** | **Carbs (g)** | **Fat (g)** | **Calories (kcal)** |
|  | **Water:** | **Other Fluids:** |  |  |  |  |
| **Meal 5 – Time:** | **Fluid Intake (ml)** | **Protein (g)** | **Carbs (g)** | **Fat (g)** | **Calories (kcal)** |
|  | **Water:** | **Other Fluids:** |  |  |  |  |
| **Meal 6 – Time:** | **Fluid Intake (ml)** | **Protein (g)** | **Carbs (g)** | **Fat (g)** | **Calories (kcal)** |
|  | **Water:** | **Other Fluids:** |  |  |  |  |
| **Additional Snacks:** | **Additional Drinks (ml)** | **Protein (g)** | **Carbs (g)** | **Fat (g)** | **Calories (kcal)** |
|  | **Water:** | **Other Fluids:** |  |  |  |  |
| **Totals:** | **Total Fluid Intake (ml)** | **Total Protein (g)** | **Total Carbs (g)** | **Total Fat (g)** | **Total Calories (kcal)** |
| **Mood 1-10: (1 = Low – 10 = Brilliant)** | **Water:**  | **Other Fluids:** |  |  |  |  |