

Blank Weightlifting Checklist Template

Date:

Athlete Name:

Enter name

Workout Log

Exercise	Sets	Reps	Weight	Rest	Completed
<div>e.g. Squat</div>	<div>e.g. 3</div>	<div>e.g. 8</div>	<div>e.g. 100kg</div>	<div>e.g. 90s</div>	<div>Yes/No</div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
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<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

Notes:

Add remarks or observations here...