

# Training Log



**NAIROBI FITNESS**  
**CONSULTING**

**DATE:**

Day: Mon Tue Wed Thur Fri Sat Sun

Training: Start: End: Cycle: Body Part:

Preworkout: Intra-workout: Post-workout:  
Yes/ No Yes/ No Yes/ No

**LOG:**

Fasted Cardioc: \_\_\_\_\_HR/ \_\_\_\_\_INC/ \_\_\_\_\_KM/ \_\_\_\_\_TM/ \_\_\_\_\_CAL

Exercise: Set 1 : Set 2 : Set 3 : Set 4 : Set 5

|  | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|--|-------|-------|-------|-------|-------|
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P-Wrkt Cardioc: \_\_\_\_\_HR/ \_\_\_\_\_INC/ \_\_\_\_\_KM/ \_\_\_\_\_TM/ \_\_\_\_\_CAL

Remarks: