



The Importance using and Exercise Log

One of the best ways to make sure you are progressing with your workouts and getting stronger or burning fat is to log and compare your workouts. *The idea is that you should strive to increase the intensity of your workout every couple of sessions.* If you are keeping a log it makes this part easy. You can check back on a previous workout to see what you did last week and make sure you are increasing your reps, weight, sets or speed, distance etc.

An exercise log can help you in the following ways:

1. Keep track of strength levels and occurrence of injuries
2. Compare your intensity from workout to workout
3. Keep track of the work you have done(laps, reps, weight, sets, KM etc)
4. Assist you in identifying exercises and workouts that are effective
5. Motivation

Photocopy the pages attached to your last email for each day of the week. You can put them in a binder or just staple them together.

3 Simple Rules For Journaling



1. Write down Everything

In the Notes and Comments section write down how you felt during and after your workout, how the weights felt, how hard your run was, etc. Record everything that's on your mind.

2. Do It Now

Don't depend on your memory at the end of the day. Record everything as you do it. Try to record information after every workout.

3. Be Specific

Be specific with the amount of weights you used, distance you ran reps you did etc. Use a specific measurement and stick with it everyday so it is comparable. If you record the weigh you used in kg one day make sure to use kg and not lbs every time you record your information.

Training logs are also great for motivation. If you ever lose motivation you can open your training journal to the very first pages, and make a comparison of how much you've improved. There's nothing better then when you look into your logs and see how far you have come.

You can gain lots of valuable information from using an exercise log. You begin to notice patterns in your training. You notice when your good and bad days repeat themselves, if you're being consistent with your workouts and if your performance is stalling or improving. This information really helps you keep on track and stay focused on your goals