Sage Arts Unlimited

Martial Arts & Fitness Training Workout Record

Name: _____ Time Started: _____

Date: _____ Time Ended: _____

Nutrition Record:

Last Meal Before Workout: _____ Time: _____

First Meal After Workout: _____ Time: _____

Notes _____

Energy Levels:
- ☐ Low
- ☐ Average
- ☐ High

Focus of Workout: _____

Exercise	Set #	Reps	Weight	Rest Interval	Notes