Worked example - sample entries. Record your own sessions.

Workout log

Name: Jamie Month: November

Date	Exercise or activity	Sets	Reps	Weight or time	Notes
02/11	Bodyweight squats	3	12	-	Felt strong
02/11	Press-ups (knees down)	3	8	-	Aim for 10 next time
02/11	Plank	3	-	30 sec	
04/11	Swimming lengths	-	-	30 min	Easy pace
06/11	Dumbbell shoulder press	3	10	5 kg	
06/11	Dumbbell rows	3	10	6 kg	Slow and steady
08/11	Park walk	-	-	40 min	Rained, still went
09/11	Bodyweight squats	3	14	-	Up two on last week

Worked example - sample entries. Record your own sessions.

How to use this template

A log shows your progress over time, which is often more motivating than how you feel on the day.

1. **Write the date and exercise.** Use a new row for each exercise.
2. **Record the numbers.** Fill in sets, reps and the weight or time. Leave a column blank if it does not apply.
3. **Add a short note.** How it felt or what to try next time.
4. **Look back each month.** Compare entries to see what has changed.

This template is for recording your own activity and is not medical or fitness advice. See the NHS Live Well pages for general guidance.