A record for your next session.

One row per completed set. Keep the load unit and set purpose clear.

Date _____

Session / routine _____

Exercise / setup	Set	Type	Load	Unit	Reps	Effort	Context / rest

Notes for next time

Type: warm-up / working / other. Unit: lb / kg / bodyweight / other.
Mark effort “not recorded” when unknown. Note equipment or technique changes.

Blank record template, not a workout program or a recommendation to increase load.