



# BIGGEST LOSER 2

## Strength Training Log

Week # \_\_\_\_\_

| Day   | Exercise | Weight | Repetitions |
|-------|----------|--------|-------------|
| Day 1 |          |        |             |
|       |          |        |             |
| Day 2 |          |        |             |
|       |          |        |             |
| Day 3 |          |        |             |
|       |          |        |             |
| Day 4 |          |        |             |
|       |          |        |             |
| Day 5 |          |        |             |
|       |          |        |             |
| Day 6 |          |        |             |
|       |          |        |             |
| Day 7 |          |        |             |
|       |          |        |             |