



Name

Strength Chart

Workout	Weight	Sets	Reps
Exercise Name ----->			
Record ability/weight used to chart your muscle development and strength gains			
Week 1: (include DATE and notes here)			
Week 4:			
Week 8:			
Week 12:			
Week 16:			
Week 20:			
Week 24:			
Week 28:			
Week 32:			
Week 36:			
Week 40:			
Week 44:			
Week 48:			
Week 52:			