

A woman with long dark hair, wearing a black mesh sports bra and black leggings, is holding a barbell with both hands. She is looking to her left with a slight smile. The background is a blurred gym setting with other equipment. The lighting is bright, highlighting her muscles and the texture of her clothing.

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Training Log

Workout Log for strength training

Training Log

Your Goal

Weight loss

Definition

Muscle building

Daily calorie needs:

kcal

Daily nutrient distribution:

Protein

Fat

Carbs

Number of workouts per week:

Name:

Age:

Height:

Weight:

Date:

