

# Logbook

Chwaraeon RCT  
Sport RCT

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Weight used ( <i>BW if bodyweight</i> )				
	Reps completed				
1)					
2)					
3)					
4)					
5)					
6)					
7)					
8)					

CARDIO	MINUTES	LEVEL	CALORIES BURNT

Session notes: \_\_\_\_\_  
 \_\_\_\_\_

Session score /5