

# Fitness Class Training Log Form

This **fitness class training log form sample** helps track workout progress efficiently by recording exercises, sets, and repetitions. It is designed to enhance motivation and monitor improvements over time. Use this template to stay organized and achieve your fitness goals effectively.

Date:

Class Name:

e.g., HIIT, Yoga, Strength Training

Instructor:

Instructor's Name

Duration:

## Workout Details

Exercise	Sets	Reps	Weight/Intensity	Notes
<div>e.g., Push-ups</div>	<div></div>	<div></div>	<div>e.g., Bodyweight, 10lb</div>	<div>Form, tempo, etc.</div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

General Remarks:

Progress, feelings, energy levels, etc.