

PrimeForMen 3-Day Workout Log

Week of: _____ Main goal: _____ Recovery priority: _____

DAY 1	Exercise	Load	Sets x Reps	RIR	Next time
1					
2					
3					
4					
5					
6					

DAY 2	Exercise	Load	Sets x Reps	RIR	Next time
1					
2					
3					
4					
5					
6					

DAY 3	Exercise	Load	Sets x Reps	RIR	Next time
1					
2					
3					
4					
5					
6					

Weekly review: Best set _____ Joint feedback _____ Sleep trend _____ One change next week _____

RIR = reps in reserve. Educational training log - not medical advice. Stop for acute or concerning symptoms.