

My muscle-building observations

Keep comparable work, food and context together.

Date range and question I want to review

Exercise variation, equipment and load units

Completed working sets, repetitions and rests

Food record and protein target source

Portions or meals that remain uncertain

Optional weight/waist notes and measurement method

Sleep, symptoms, other activity and recent changes

Question for my coach, dietitian or clinician

Fictional examples explain recording; they do not predict your muscle gains.

Performance, scale and waist records do not directly measure muscle tissue.

Symptoms or unexplained changes require appropriate professional advice.