

Four-week training record

Record sessions, food and recovery. This log cannot assess testosterone.

Main lift to repeat: _____ Starting week: _____

Track a main lift here; use extra pages for other exercises. Use several sessions to review a trend.

Week 1

Session A: date / exercise / load / sets / repetitions

Session B: date / exercise / load / sets / repetitions

Weekly notes: protein intake / sleep / recovery / symptoms

Week 2

Session A: date / exercise / load / sets / repetitions

Session B: date / exercise / load / sets / repetitions

Weekly notes: protein intake / sleep / recovery / symptoms

Week 3

Session A: date / exercise / load / sets / repetitions

Session B: date / exercise / load / sets / repetitions

Weekly notes: protein intake / sleep / recovery / symptoms

Week 4

Session A: date / exercise / load / sets / repetitions

Session B: date / exercise / load / sets / repetitions

Weekly notes: protein intake / sleep / recovery / symptoms

Persistent symptoms deserve medical assessment. Do not wait to complete this log.

Editorial planning aid, not diagnosis, exercise clearance or an individualized program.

primeformen.com/testosterone-for-muscle-growth/