

supermove day log[™]

NAME _____

PROGRAM TYPE DAY LOG _____

	DATE											
MONDAY	SET 1											
	SET 2											
	SET 3											
TUESDAY	SET 1											
	SET 2											
	SET 3											
WEDNESDAY	SET 1											
	SET 2											
	SET 3											
THURSDAY	SET 1											
	SET 2											
	SET 3											
FRIDAY	SET 1											
	SET 2											
	SET 3											
SATURDAY	SET 1											
	SET 2											
	SET 3											
SUNDAY	SET 1											
	SET 2											
	SET 3											