

Strength training log and next-session notes

Keep setup, resistance, repetitions and effort together.

01 / Understand the starting point

Record the exact movement variation and resistance units. "Row" alone is insufficient when one session uses a band and another uses a machine.

02 / Make the useful distinction

Write actual set results rather than only the intended dose. Record enough technique context to compare future sessions fairly, including range or support changes.

03 / Put it into practice

Add an effort estimate and one useful cue. Avoid trying to capture every possible metric; a log should be quick enough to use while training.

04 / Review and adapt

Before the next session, read the last result and choose a modest action. Repeat, add a rep or change resistance only when the comparison is meaningful.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

One-arm dumbbell row: 12 kg, 10/10 each side, around 3 RIR, stable trunk. Next session: repeat setup and aim for 11 per side if controlled.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Date and exercise	Resistance / units	Set results	Effort and technique	Next-session action

Evidence and original clinical reading

<https://acsm.org/resistance-training-guidelines-update-2026/>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.