

5 REASONS TO KEEP A TRAINING LOG

"If you want it, measure it. If you can't measure it, forget it." – PETER DRUCKER



Without a training log, you are guessing.
With one, every workout produces data that tells you whether your program is working, shows you where your weaknesses are, and gives you the specific information needed to make intelligent adjustments.

1



IT IS WHAT SERIOUS ATHLETES DO.

If you are keeping a log, you are training.
If you are not, you are exercising.

2



IT TELLS YOU WHETHER YOUR PROGRAM IS WORKING.

Spot regressions before they become plateaus.

3



IT MAKES YOU TRAIN HARDER.

Knowing your last set produced seven reps is the most powerful motivator to get eight this time.

4



IT SUSTAINS MOTIVATION THROUGH VISIBLE PROGRESS.

When motivation dips, the log reminds you how far you have come.

5



IT HELPS YOU BREAK THROUGH PLATEAUS.

The answer to most training stalls is in the log.

