

My Weightlifting Diary Weight Categories (100lbs / 400lbs / 400 kg / free)

My Category: lbs/kg / day (write down if you lift more on certain days)

DATE		LIFTED	Day Total	DATE	Day Nr	LIFTED	Day Total
Example	DAY0	240 +180	420 kg				
May,	Day 1				Day 21		
	Day 2				Day 22		
	Day 3				Day 23		
	Day 4				Day 24		
	Day 5				Day 25		
	Day 6				Day 26		
	Day 7				Day 27		
	Day 8				Day 28		
	Day 9				Day 29		
	Day 10				Day 30		
	Day 11				Day 31		
	Day 12				Day 32		
	Day 13				Day 33		
	Day 14				Day 34		
	Day 15				Day 35		
	Day 16				Day 36		
	Day 17				Day 37		
	Day 18				Day 38		
	Day 19				Day 39		
	Day 20				Day 40		
Total weight 20 days:				Total weight 40 days:			
					Extra 1		
					Extra 2 etc.		

If you miss a day, just keep going – maybe you can still get 40 consecutive days -or just count all.

Guru loved statistics and results :)

Every day My soul tries to lift me To the heights of summit-joy. - Guru