

TRACKING SHEET

LEG & ABS DAY

LEG EXTENSION

WEEK DATES (e.g. Jan 5 - Jan 11)	WEIGHT	REPS	NOTES

BARBELL SQUAT

WEEK DATES	WEIGHT	REPS	NOTES

LEG PRESS

WEEK DATES	WEIGHT	REPS	NOTES

LEG CURL

WEEK DATES	WEIGHT	REPS	NOTES

CALF RAISE

WEEK DATES	WEIGHT	REPS	NOTES

CABLE CRUNCH

WEEK DATES	WEIGHT	REPS	NOTES

LEG RAISE

WEEK DATES	WEIGHT	REPS	NOTES