Weights Program Record

Date	Exercise	Weight	Repetition			Difficulty (See footnote)	New Weight
			Set 1	Set 2	Set 3		

Footnote on Difficulty Rating:

1 Very easy: Barely noticeable weight - like lifting a piece of paper.
2 Easy: Noticeable, but not tiring - could lift this weight all day.
3 Moderate: Only tiring if exercise is prolonged - like carrying a backpack all day that seems to get heavier.
4 Hard: Moderate to start with, but becoming difficult with each repetition. Can only do 10-15 repetitions.
5 Very hard: Difficult to start with - can barely do 3 repetitions.

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