The Training Journal

A reusable printable workbook for planning, recording and reviewing your own sessions.

READ. PLAN. RECORD.

An original resource for independent learning. No calls, personal assessment or ongoing coaching are included.

Before you begin

For adults seeking general fitness education. This resource is not medical advice, rehabilitation or an individualized exercise prescription. Choose activity suitable for your circumstances. If you have a health condition, injury or uncertainty about exercise, seek advice from a qualified healthcare professional.

Your copy

Personal use only. Print copies for yourself or annotate the PDF in a compatible reader. Do not resell or redistribute. Product support: hello@nexylevel.com. Published 10 November 2026.

Make the journal yours

A recording tool, not an exercise prescription.

A simple weekly rhythm

Choose one realistic intention, schedule a few opportunities for activity, and record what happens. At the end of the week, choose one adjustment. The journal works with a routine you already know is suitable for you.

How to use the PDF

Print at A4 size or use fit-to-page for US Letter. Write on paper or annotate with a PDF reader. These pages are not interactive form fields. Duplicate the blank templates as often as you need for personal use.

Keep it private

Store completed pages somewhere you control. You do not need to send them to NexyLevel. Avoid recording sensitive information you would not want someone else to read. Product support does not include reviewing training or health records.

No perfect streak required

Record a missed session with a short reason. Keep the next action small and practical. This workbook makes no promise of a particular health, weight or performance result.

One week at a time

Week beginning: _____

One useful intention for this week

Day	Activity / time	Easier alternative
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

What do I need to prepare?