Meet Record

Meet: _____

Name: _____

Date: _____

SQUAT   PROJECTED/ACTUAL

Warmups

WT   REPS   1st Attempt: _____/_____

_____ x _____

_____ x _____   2nd: _____/_____

_____ x _____

_____ x   3rd: _____/_____

_____ x _____

_____ x _____

Bench   PROJECTED/ACTUAL

WT   REPS   1st: _____/_____

_____ x _____

_____ x _____   2nd: _____/_____

_____ x _____

_____ x _____   3rd: _____/_____

_____ x _____

_____ x _____

_____ x _____   Subtotal:_____

_____ x _____

DEADLIFT   PROJECTED/ACTUAL

WT   REPS   1st: _____/_____

_____ x _____

_____ x _____   2nd: _____/_____

_____ x _____

_____ x _____   3rd: _____/_____

_____ x _____

Subtotal +1st DL _____

Subtotal +2nd DL_____

Total w/3rd DL _____