



THE JAY WAY

TRAINING LOG

TEAM
@JAY_WHEY

Deze trainingslog is van:

Naam trainingsfase:

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Datum start:

- -

.....

TEAM
@JAY_WHEY

DE COACH

Hey you!

Ik weet als geen ander hoe belangrijk het is om je trainingen te loggen. Zo kun je bijhouden of je ook daadwerkelijk progressie boekt.

Om jou te kunnen helpen met het behalen van goede resultaten heb ik deze trainingslog ontwikkeld.

Deze trainingslog bevat in mijn optiek de absolute basis aan info die je tijdens je trainingen moet loggen.

Ik ben Jay.

Transformatie coach & personal trainer.

Meer weten over mij? Ga naar de website www.jaywhey.nl.

Om je nog beter te kunnen helpen komt een coachingstraject bij mij goed van pas.

**Meer tips&tricks voor je workout?
Volg me op Instagram en TikTok op @Jay_whey**

Deel je progressie met mij! Tag mij in je foto!

Zet hem op!



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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
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Pre workout: Ja/Nee

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☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - - - - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - - - - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - - - - -

Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
Slaap: 0 0 0 0 0 0 0 0 0 0
Focus: 0 0 0 0 0 0 0 0 0 0
Pre workout: Ja/Nee

Humeur: 😄 😊 😐 😞 😡
Notities:
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Datum: ..-..-. Tijd:
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -

Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
Slaap: 0 0 0 0 0 0 0 0 0 0
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -

Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
Slaap: 0 0 0 0 0 0 0 0 0 0
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
Slaap: 0 0 0 0 0 0 0 0 0 0
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
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Focus: 0 0 0 0 0 0 0 0 0 0
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
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Focus: 0 0 0 0 0 0 0 0 0 0
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
Slaap: 0 0 0 0 0 0 0 0 0 0
Focus: 0 0 0 0 0 0 0 0 0 0
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Notities:
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Datum: ..-..-. Tijd:
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
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Datum: ..-..-. Tijd:
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
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Focus: 0 0 0 0 0 0 0 0 0 0
Pre workout: Ja/Nee

Humeur: 😄 😊 😐 😞 😡
Notities:
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Datum: ..-..-. Tijd:
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -

Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
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Notities:
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Datum: ..-..-. Tijd:
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -

Status: 1 2 3 4 5 6 7 8 9 10
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Notities:
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Datum: ..-..-. Tijd:
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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Status: 1 2 3 4 5 6 7 8 9 10
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Notities:
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Datum: ..-..-. Tijd:
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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Status: 1 2 3 4 5 6 7 8 9 10
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Notities:
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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Status: 1 2 3 4 5 6 7 8 9 10
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Humeur: 😄 😊 😐 😞 😡
Notities:
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Datum: ...-...-... Tijd: ...:...

WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	... X ... kg	... X ... kg	... X ... kg	... X ... kg	... X ... kg	- - -
☐	... X ... kg	... X ... kg	... X ... kg	... X ... kg	... X ... kg	- - -
☐	... X ... kg	... X ... kg	... X ... kg	... X ... kg	... X ... kg	- - -
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☐	... X ... kg	... X ... kg	... X ... kg	... X ... kg	... X ... kg	- - -

Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
Slaap: 0 0 0 0 0 0 0 0 0 0
Focus: 0 0 0 0 0 0 0 0 0 0
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Humeur:



Notities:

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Datum: ..-..-. Tijd:
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
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Humeur: 😊 😊 😐 😞 😞
Notities:
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Datum: ..-..-. Tijd:
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
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Notities:
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Datum: ..-..-. Tijd:
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -

Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
Slaap: 0 0 0 0 0 0 0 0 0 0
Focus: 0 0 0 0 0 0 0 0 0 0
Pre workout: Ja/Nee

Humeur: 😊 😊 😐 😞 😞
Notities:
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Datum: ..-..-. Tijd:
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -

Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -

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Energie: 0 0 0 0 0 0 0 0 0 0
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
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☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -

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Energie: 0 0 0 0 0 0 0 0 0 0
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -

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Energie: 0 0 0 0 0 0 0 0 0 0
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -

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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -

Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
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WORKOUT LOG

Week ...
trainingsblok

Oefening:	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	Tempo:
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -
☐	 X kg	 X kg	 X kg	 X kg	 X kg	- - -

Status: 1 2 3 4 5 6 7 8 9 10
Energie: 0 0 0 0 0 0 0 0 0 0
Slaap: 0 0 0 0 0 0 0 0 0 0
Focus: 0 0 0 0 0 0 0 0 0 0
Pre workout: Ja/Nee

Humeur: 😄 😊 😐 😞 😡
Notities:
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Notities:

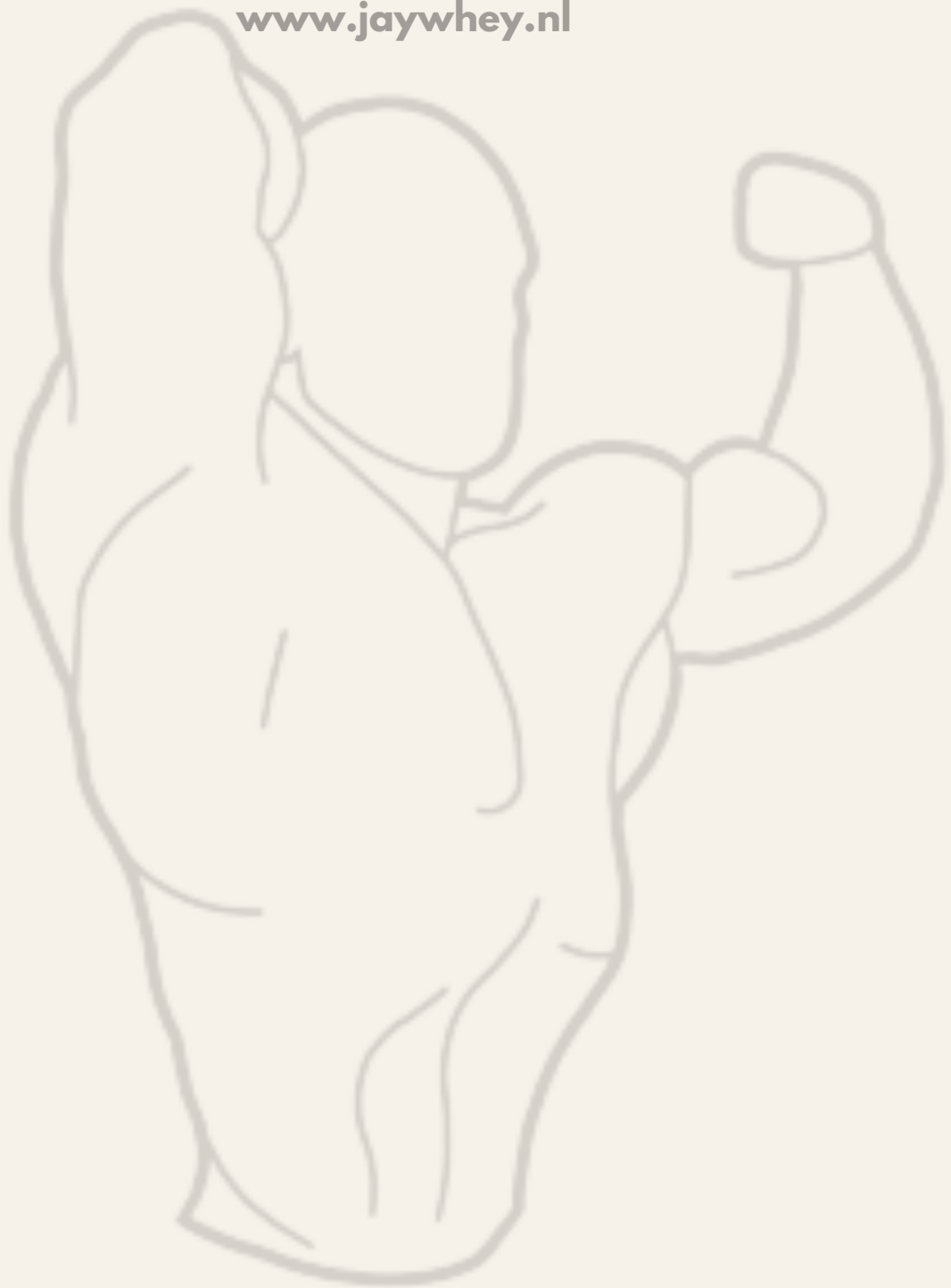


TEAM
@JAY_WHEY

Notities:



TEAM
@JAY_WHEY



TEAM
@JAY_WHEY

TILL WE MEET AGAIN