

## STRENGTH TRAINING LOG

Name: \_\_\_\_\_

**Directions:** In the log below include a list of the actions, feelings, thought processes, and observations that you had for each day of strength training week. What activities (intentional or unintentional) did you carry out that related to your signature strengths? How did others respond? How did you feel on this particular day?

DATE	ACTIVITY TYPE AND NOTES (Indicate specific signature strength)