| DATE:     | WEIGHT:        |         |        | SLEEP (hrs): |              |      | CALORIES: |         |       | DAY: M Tu W Th Fr Sa S |
|-----------|----------------|---------|--------|--------------|--------------|------|-----------|---------|-------|------------------------|
| EXERCISES | 1RM* SETS REPS |         |        | WT REST TIME |              |      |           |         |       | NOTES                  |
| <u> </u>  |                |         | ILLI O | •••          | I I          |      | Dioi      | 1.11    |       | NOTES                  |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
| DATE:     | W              | WEIGHT: |        |              | SLEEP (hrs): |      |           | LORIES: |       | DAY: M Tu W Th Fr Sa   |
| EXERCISES | 1RM*           | SETS    | REPS   | WT           | REST         | TIME | DIST      | HR      | INT** | NOTES                  |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
| DATE:     | W              | WEIGHT: |        |              | SLEEP (hrs): |      |           | LORIES: |       | DAY: M Tu W Th Fr Sa   |
| EXERCISES | 1R <b>M</b> *  | SETS    | REPS   | WT           | REST         | TIME | DIST      | HR      | INT** | NOTES                  |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |
|           |                |         |        |              |              |      |           |         |       |                        |

EXERCISE I OG

<sup>\*1</sup>RM - One Rep Max (for reference)

 $<sup>\</sup>hbox{\it **Intensity}: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard$