

Best-Selling Author of "Fit Over 40" and "Continue To Climb!"

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		_ Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W.I.b.	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		_ Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	<u></u>	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		_ Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Door Dorind	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		_ Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	<u></u>	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Bested	Ĺ	W-1-La		De ex De ei e d
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		_ Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		_ Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	<u></u>	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		_ Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W.I.b.	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		_ Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	<u></u>	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		_ Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/	\vdash	\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		_ Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W.I.b.	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	/ керѕ	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/	\vdash	\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	/ керѕ	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/	\vdash	\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	/ керѕ	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	/ керѕ	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W.I.b.	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		_ Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	/ керѕ	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/	\vdash	\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	Activ	vity								Me	Method				Max HR Av.				v. HR	
					- Tim	e				٦	٦									
	Sta	rt		_ Finis	h		_ Tot	al		_ No	otes _									
Weight Training	Туре		Powe Circu	building rlifiting it Traini ng	ng			☐ M	lediun ight	ı			Ches Back Delts Bis		Leg Calv Abs	ves				
			Other	ng ::				□о	ther: _			_ 🗆	Tris			er:				
										l										
Exercises Performed	Start			. Finish Rest Period							Pana	Doet Daried	Cata	Wainh	Done	Rest Period	Cata	Weight	Dana	Rest Period
	Sets		/ Keps	Kest Period	Sets			Kest Period	Sets		/ Keps	Kest Period	Setz		/ Keps	Kest Period	Sets	weight	/ Keps	Kest reriod
Notes		/		\perp	H		/			-	/				/		Н			
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/	/				/			,	/				/				/	
Notes																				
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/		Щ	Ш		/		Ш		/		Ш		/		Ш		/	
Notes	Sets	Weight	D	Rest Period	Sets	Weight	Done	Rest Period	C-1-	Weight		Rest Period	£	Weight	D	Rest Period	·	Weight		Rest Period
	Sets	weight /		Kest Period	2612		/ Keps	Kest Period	Sets		/ Keps	Kest Period	2612	weignt	/ Keps	Kest Period	2612	weight	/ Keps	Kest Period
Notes		/		\perp	\vdash					-							Н			
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/	/				/			,	/				/				/	
Notes																				
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/		Щ	Ш		/		Ш	,			Ш		/		Ш		/	
Notes		W. t. L.				W-1-b-	•	Post Posts d		West also			Ĺ			Down Boots d		W-1-La		De est De elle d
	Sets	Weight	Keps /	Rest Period	Zets	Weight		Rest Period	Sets	Weight	керs 	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
Notes		/		\perp	H		/		\vdash		/		\vdash		/		Н			
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/	/				/				/				/				/	
Notes																				
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/		Щ	Ш		/		Ш	,	/		Ш		/		Ш		/	
Notes	6.14	Weight	Dane	Door Davied	£	Wajaha	Done	Rest Period	Cata	Waiaha	Dane	Doet Deriod	£	Waiaha	Dana	Dant Basian	·	Wainha		Rest Period
	Sets	Weight	/ Keps	Rest Period	2612	weight	/ Keps	Kest Period	Sets	weight	/ Keps	Rest Period	2612	Weight	/ Keps	Rest Period	2613	Weight	/ Keps	Kest Period
Notes		/			\vdash		/			-	/				/		\vdash			
Votes																				

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
	85			
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods .	Supplements		
Town but				
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingrednts				
Meal 5 Time	Foods .			
Ingrednts				
Mark C. Time	F I.	Carlanata		
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	Activ	vity								Me	Method				Max HR Av.				v. HR	
					- Tim	e				٦	٦									
	Sta	rt		_ Finis	h		_ Tot	al		_ No	otes _									
Weight Training	Туре		Powe Circu	building rlifiting it Traini ng	ng			☐ M	lediun ight	ı			Ches Back Delts Bis		Leg Calv Abs	ves				
			Other	ng ::				□о	ther: _			_ 🗆	Tris			er:				
										l										
Exercises Performed	Start			. Finish Rest Period							Pana	Doet Daried	Cata	Wainh	Done	Rest Period	Cata	Weight	Dana	Rest Period
	Sets		/ Keps	Kest Period	Sets			Kest Period	Sets		/ Keps	Kest Period	Setz		/ Keps	Kest Period	Sets	weight	/ Keps	Kest reriod
Notes		/		\perp	H		/			-	/				/		Н			
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/	/				/			,	/				/				/	
Notes																				
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/		Щ	Ш		/		Ш		/		Ш		/		Ш		/	
Notes	Sets	Weight	D	Rest Period	Sets	Weight	Done	Rest Period	C-1-	Weight		Rest Period	£	Weight	D	Rest Period	·	Weight		Rest Period
	Sets	weight /		Kest Period	2612		/ Keps	Kest Period	Sets		/ Keps	Kest Period	2612	weignt	/ Keps	Kest Period	2612	weight	/ Keps	Kest Period
Notes		/		\perp	\vdash					-							Н			
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/	/				/			,	/				/				/	
Notes																				
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/		Щ	Ш		/		Ш	,			Ш		/		Ш		/	
Notes		W. t. L.				W-1-b-	•	Post Posts d		West also			Ĺ			Door Doorlood		W-1-La		De est De elle d
	Sets	Weight	Keps /	Rest Period	Zets	Weight		Rest Period	Sets	Weight	керs 	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
Notes		/		\perp	H		/		\vdash		/		\vdash		/		Н			
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/	/				/				/				/				/	
Notes																				
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/		Щ	Ш		/		Ш	,	/		Ш		/		Ш		/	
Notes	6.14	Weight	Dane	Door Davied	£	Wajaha	Done	Rest Period	Cata	Waiaha	Dane	Doet Deriod	£	Waiaha	Dana	Dant Basian	·	Wainha		Rest Period
	Sets	Weight	/ Keps	Rest Period	2612	weight	/ Keps	Kest Period	Sets	weight	/ Keps	Rest Period	2612	Weight	/ Keps	Rest Period	2613	Weight	/ Keps	Kest Period
Notes		/			\vdash		/			-	/				/		\vdash			
Votes																				

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
	85			
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods .	Supplements		
Town but				
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingrednts				
Meal 5 Time	Foods .			
Ingrednts				
Mark C. Time	F I.	Carlanata		
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	Activ	vity								Me	Method				Max HR Av.				v. HR	
					- Tim	e				٦	٦									
	Sta	rt		_ Finis	h		_ Tot	al		_ No	otes _									
Weight Training	Туре		Powe Circu	building rlifiting it Traini ng	ng			☐ M	lediun ight	ı			Ches Back Delts Bis		Leg Calv Abs	ves				
			Other	ng ::				□о	ther: _			_ 🗆	Tris			er:				
										l										
Exercises Performed	Start			. Finish Rest Period							Pana	Doet Daried	Cata	Wainh	Done	Rest Period	Cata	Weight	Dana	Rest Period
	Sets		/ Keps	Kest Period	Sets			Kest Period	Sets		/ Keps	Kest Period	Setz		/ Keps	Kest Period	Sets	weight	/ Keps	Kest reriod
Notes		/		\perp	H		/			-	/				/		Н			
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/	/				/			,	/				/				/	
Notes																				
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/		Щ	Ш		/		Ш		/		Ш		/		Ш		/	
Notes	Sets	Weight	D	Rest Period	Sets	Weight	Done	Rest Period	C-1-	Weight		Rest Period	£	Weight	D	Rest Period	·	Weight		Rest Period
	Sets	weight /		Kest Period	2612		/ Keps	Kest Period	Sets		/ Keps	Kest Period	2612	weignt	/ Keps	Kest Period	2612	weight	/ Keps	Kest Period
Notes		/		Щ	\vdash					-							Н			
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/	/				/			,	/				/				/	
Notes																				
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/		Щ	Ш		/		Ш	,			Ш		/		Ш		/	
Notes		W. t. L.				W-1-b-	•	Post Posts d		West also			Ĺ			Door Doorlood		W-1-La		De est De elle d
	Sets	Weight	Keps /	Rest Period	Zets	Weight		Rest Period	Sets	Weight	керs 	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
Notes		/		\perp	H		/		\vdash		/		\vdash		/		Н			
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/	/				/				/				/				/	
Notes																				
	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
		/		Щ	Ш		/		Ш	,	/		Ш		/		Ш		/	
Notes	6.14	Weight	Dana	Door Davied	£	Wajaha	Done	Rest Period	Cata	Waiaha	Dane	Doet Deriod	£	Waiaha	Dana	Dant Basian	·	Wainha		Rest Period
	Sets	Weight	/ Keps	Rest Period	2612	weight	/ Keps	Kest Period	Sets	weight	/ Keps	Rest Period	2612	Weight	/ Keps	Rest Period	2613	Weight	/ Keps	Kest Period
Notes		/			\vdash		/			-	/				/		\vdash			
Votes																				

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Bested	Ĺ	W-1-La		De ex De ei e d
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W.I.b.	D	Death Death of	<u></u>	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/	\vdash	\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-								-				•					
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W.I.b.	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-								-				•					
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Door Dorind	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W.I.b.	D	Death Death of	<u></u>	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	<u></u>	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/	\vdash	\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W.I.b.	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/	\vdash	\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W.I.b.	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W.I.b.	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/	\vdash	\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W.I.b.	D	Death Death of	<u></u>	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W.I.b.	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W.I.b.	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/	\vdash	\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W-1-L	D	Death Death of	<u></u>	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/	\vdash	\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods	Supplements		
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingreduts				
Meal 5 Time	Foods .			
Ingrednts				
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	1	Acti	vity								_ Me	ethod .				_ N	lax HR		Av. HR		
						- Tim	.e ——				7										
		Sta	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Туре		Powe Circu	building rlifiting it Traini	ng			☐ M	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ing ::					ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	ps er:				
	_					Time	· ——				,										
Exercises Performed	1	Start	t.		. Finisl	1		Tota	al		I										
Exercises Ferjormea		Sets			Rest Period							Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/	Щ			/		Ш		/	Щ
Ne	otes	C	Walaha		Rest Period	Ĺ	Wainha	Dana	Dage Dagia d	6.1.	Waiala	0	Dark Daried	£	Waiaha	Dana	Dank Dariad	Ĺ	Walake		Door Doring
	Γ	Sets	Weight		Kest Period	Sets	Weight	керs	Rest Period	Sets	Weight		Rest Period	Sets	Weight	/ Keps	Rest Period	Zets	Weight	/ Keps	Rest Period
No.	otes							/						\square				\vdash			\perp
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ		,	/				/				/				/				/	
No.	otes -			,	\vdash	H				\vdash				H				H			\vdash
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/				/				/				/				/	
No	otes																				
	Г	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/				/				/				/		Ш		/	Щ
Ne	otes		W.I.b.	D	Death Death of	Ĺ	w.:.L.		De es De eix d	6	w.:.L.		David Bariad	Ĺ	w.:.b.	D	Deat Deated	Ĺ	W-1-La		Door Dooled
	Γ	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period	Sets	Weight	/ Keps	Rest Period
No.	otes			/	\vdash	\vdash		/		\vdash		/	\vdash			/		\vdash		/	\vdash
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	Γ			/				/				/				/				/	
No	otes			-				-				-									
Notes	Ī																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods .	Supplements		Water (ounces)
	st			
Ingrednts				
Meal 2 Time	Foods .	Supplements		
Ingrednts				
Meal 3 Time	Foods .	Supplements		
Town but				
Ingredats				
Meal 4 Time	Foods .	 Supplements		
Ingrednts				
Meal 5 Time	Foods .			
Ingrednts				
Mark C. Time	F I.	Carlanata		
Meal 6 Time	Foods .	Supplements		
Ingrednts				
Total			Total Water	
Notes				

Dav	Date	



Cardiovascular	A	Activ	vity								_ Me	ethod .				_ N	lax HR		_ A	v. HR	
	ı					- Tim	.e ——				7										
	'	Stai	rt		_ Finis	sh		Tot	tal		_ No	otes _									
Weight Training	1	Гуре		Powe Circu	rlifiting it Traini	ng			☐ H ☐ M ☐ Li	lediun ight	n			Back Delts		Leg Cal·	ves				
				Other	ng :				□ R	ecove ther: _	ry		_ 🛚	Bis Tris		☐ Trap	os er:				
	_					Time															
D . D . 1		Start							ոհ		I										
Exercises Performed		Sets							Rest Period			Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes .																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	Ę	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/	Ш	Ш		/		Ш		/				/		Ш		/	
No	otes																				
	Ľ	Sets	Weight		Rest Period	Sets	Weight		Rest Period	Sets	Weight		Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -				Щ	Ш												Ш			
NO	otes	Sets	Weight	Pane	Rest Period	Sate	Weight	Pene	Rest Period	Sate	Weight	Pane	Rest Period	Sate	Weight	Pene	Rest Period	Sate	Weight	Pane	Rest Period
	Ĺ	1	weight	/	Nest relied		weight	/	Nest remod	Jets	weight	/	T Teriou		weight	/	Kest renou		weight	/	Rest renou
No.	tes -			/	Щ	H		,		\vdash		/		\vdash		,		H			
		Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	_	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
				/				/				/				/				/	
No	otes																				
	Ę	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_			/	Щ	Ш		/		Ш		/				/		Ш		/	
No	otes																				
	Ľ	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period	Sets	Weight	Reps	Rest Period
	_ -			/	Щ	Ш		/				/				/		Ш		/	
No	otes	Sets	Weight	Pane	Rest Period	Cate	Wainht	Pans	Rest Period	Cata	Wajaha	Pane	Rest Period	Cate.	Weight	Pone	Rest Period	Cata	Weight	Pana	Rest Period
	Ĺ	1	weight	/	Nest relied		weight	/	The st remou	Jet. 5	weight	/	T Terror		weight	/	T T		weight	/	T Tellou
No.	otes -			/	Щ	\vdash		/				/	\perp	\square		/		\vdash			
	_																				
Votes																					

Day	Data	
Dav	Date	



Meal 1 Time	Foods _	 Supplements		Water (ounces)
Ingrednts				
Meal 2 Time	Foods _	Supplements		
	-			
	-			
Ingrednts				
Meal 3 Time	Foods _	Supplements		
	-			
	-			
Ingrednts				
Meal 4 Time	Foods _	Supplements		
Ingradute	-			
ingredits				
Meal 5 Time	Foods _	Supplements		
Ingrednts				
Meal 6 Time	Foods _	Supplements		
	-			
	-			
Ingrednts				
Total			Total Water	
Notes				