DATE:		WIEGHT (MOR			
		(GYM SCALE):			
OOD LOG					
Тіме	Food	CALORIES	Measurements		
			Снеят		
			Waist		
			Hips		
			Arm (R)		
			Thigh (R)		
			<u> </u>		
			Water:		
			Food Intake was:		
			☐ Overeating		
			□ Good Амоинт		
			□ Тоо Ціттіе		
			Exercise was:		
			Lxercise was. □ Minimal/Comfortable		
			☐ CHALLENGING		
	Total Calories				
C	I OTAL CALORIES		☐ Strenuous		
COMMENTS:					

ACTIVITY LOG PROGRAM A

Warm-up Machine				
TIME/LEVEL/CALORIES				
Strength Training	Set #1	Set #2	Set #3	Comments
Bench Press				
Vertical Row (dumb bells)				
Seated Leg Press or Static squats				
Tricep Extension/Pulldown				
Bicep (Free Wieghts)				
Shoulder Press				
Leg Extension				
Leg Curl				
Abs - Regular/left/Right				
Abs - Seated Knee Tuck				
Back Extensions (On Ball)				
Supermans				
Cardio Workout Machine				
Minutes/Level				
Heart Rate				
DISTANCE/CALORIES				

DD LOG Time Food Calories Measurements Chest Waist Hips Arm (R) Thigh (R) Water: Food Intake was: Overeating Good Amount Too Little Exercise was: Minimal/Comfortable Challenging Strenuous	D 100			(GYM SCALE):
CHEST WAIST HIPS ARM (R) THIGH (R) WATER: OVEREATING OVEREATING GOOD AMOUNT TOO LITTLE EXERCISE WAS: MINIMAL/COMFORTABLE CHALLENGING		Food	CALORIES	Measurements
Waist Hips Arm (R) Thigh (R) Water: DDDDDDDDDDDDDDDDDDDDDDDDDDDDDDDDDDDD				
HIPS ARM (R) THIGH (R) WATER:				
Thigh (R) Water:				
Thigh (R) Water:				Arm (R)
Water:				
FOOD INTAKE WAS: OVEREATING GOOD AMOUNT TOO LITTLE EXERCISE WAS: MINIMAL/COMFORTABLE CHALLENGING				
FOOD INTAKE WAS: OVEREATING GOOD AMOUNT TOO LITTLE EXERCISE WAS: MINIMAL/COMFORTABLE CHALLENGING				
Cood Amount Too Little Exercise was: Minimal/Comfortable Challenging				Water: 🗆 🗆 🗆 🗆 🗆 🗆
☐ OVEREATING ☐ GOOD AMOUNT ☐ TOO LITTLE EXERCISE WAS: ☐ MINIMAL/COMFORTABLE ☐ CHALLENGING				
Cood Amount Too Little Exercise was: Minimal/Comfortable Challenging				FOOD INTAKE WAS:
Exercise was: Minimal/Comfortable Challenging				
Exercise was: Minimal/Comfortable Challenging				☐ GOOD AMOUNT
Exercise was: Minimal/Comfortable Challenging				
☐ Minimal/Comfortable ☐ Challenging				
☐ Challenging				Exercise was:
				☐ MINIMAL/COMFORTABLE
Total Calories				☐ CHALLENGING
	•	TOTAL CALORIES		☐ Strenuous
DMMENTS:	OMMENTS:			

ACTIVITY LOG PROGRAM B

Warm-up Machine				
TIME/LEVEL/CALORIES				
Strength Training	Set #1	Set #2	Set #3	Comments
Chest Press on Ball				
Standing Vertical Row (barbell)				
Squats with Ball or Lunges				
Seated Bicep (Free Wieghts)				
Lying Tricep Exten. (Skullcrushers)				
Shoulder Press				
Calf Raises				
Abs - Squat Thrust				
Abs - Supine Bridge /hip rolls				
Abs - Captain's Chair & Plank				
Supermans on Ball				
Cardio Workout Machine				
Minutes/Level				
Heart Rate			•	
DISTANCE/CALORIES				

DATE:			WIEGHT (MORN):
T22D 1 2 2			(GYM SCALE):
FOOD LOG	_		
Тіме	Food	CALORIES	Measurements
			Снеят
			Waist
			Hips
			Arm (R)
			Thigh (R)
			Water:
			Food Intake was:
			☐ OVEREATING
			☐ GOOD AMOUNT
			□ Too Little
			a rec Little
			Exercise was:
			☐ MINIMAL/COMFORTABLE
			☐ Challenging
	Total Calories		□ Strenuous
COMMENTS:	TOTAL CALCANIES		i direction
	A CENTER LA C	Z GARDIO O	11 37
CARDIO WORKOUT	ACTIVITY LO	J CARDIO ON	JL Y

Cardio Workout Machine			
Program/Level/Speed			
Minutes			
Heart Rate			
Calories			
Distance			

Abdominals/Stability Exercises	Set #1	Set #2	Set #3	Set #4	Comments
	•			ı	

DATE:			WIEGHT (MORN):
T22D 1 2 2			(GYM SCALE):
FOOD LOG	_		
Тіме	Food	CALORIES	Measurements
			Снеят
			Waist
			Hips
			Arm (R)
			Thigh (R)
			Water:
			Food Intake was:
			☐ OVEREATING
			☐ GOOD AMOUNT
			□ Too Little
			a rec Little
			Exercise was:
			☐ MINIMAL/COMFORTABLE
			☐ Challenging
	Total Calories		□ Strenuous
COMMENTS:	TOTAL CALCANIES		i direction
	A CENTER LA C	Z GARDIO O	11 37
CARDIO WORKOUT	ACTIVITY LO	J CARDIO ON	JL Y

Cardio Workout Machine			
Program/Level/Speed			
Minutes			
Heart Rate			
Calories			
Distance			

Abdominals/Stability Exercises	Set #1	Set #2	Set #3	Set #4	Comments
	•			ı	