

# The Training-for-LIFE Experience™

## Daily Progress Report

Date:
Day 1 of 84
Upper Body Workout

Planned Start Time:
Planned End Time:
Time to Complete: 46 minutes

Actual Start Time:
Actual End Time:
Total Time: _____ minutes

Upper Body Muscle Groups	Exercise	PLAN				ACTUAL			
		Rep s	Weight (lbs)	Minutes Between Sets	Intensity Level	Rep s	Weight (lbs)	Minutes Between Sets	Intensity Level
Chest		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				
Shoulders		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				
Back		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				
Triceps		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				
At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go.									
Biceps		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		-	10				

### NOTES

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