

A1	Month						
	A	B	C	D	E	F	G
1	Month						
2	Day of Week	Workout	Reps	Weight	Describe How You Feel	Inches Lost	Your Trainer's Comments
3			Enter # of repetitions	Enter weight in lbs for the weights used	Describe how you felt during the workout: energy level, ease or difficulty in any of the intervals	Track every other week	Your friend or trainer can leave comments about your work outs
4	EXAMPLE	Weight Training Workout	10	5	I'm experiencing a bit of back pain during deadlifts	0.25	Do not continue deadlift if you experience back pain. Just repeat one of the other 2 exercise in its place. - Karon
5							
6	Monday	Rest Day					
7	Tuesday	Weight Training Workout					
8	Wednesday	Rest Day					
9	Thursday	Weight Training Workout					
10	Friday	Rest Day					
11	Monday	Rest Day					
12	Tuesday	Weight Training Workout					
13	Wednesday	Rest Day					
14	Thursday	Weight Training Workout					
15	Friday	Rest Day					
16	Monday	Rest Day					
17	Tuesday	Weight Training Workout					
18	Wednesday	Rest Day					
19	Thursday	Weight Training Workout					
20	Friday	Rest Day					
21	Monday	Rest Day					
22	Tuesday	Weight Training Workout					
23	Wednesday	Rest Day					
24	Thursday	Weight Training Workout					
25	Friday	Rest Day					
26	Monday	Rest Day					
27	Tuesday	Weight Training Workout					
28	Wednesday	Rest Day					
29	Thursday	Weight Training Workout					
30	Friday	Rest Day					
31							