

# WORKOUT LOG

	Activities	Tracker	Notes
MON		Sets : <input type="text"/> Date: <input type="text"/>	
		Reps : <input type="text"/> Weight: <input type="text"/>	
		Calories : <input type="text"/> Distance: <input type="text"/>	

	Activities	Tracker	Notes
TUE		Sets : <input type="text"/> Date: <input type="text"/>	
		Reps : <input type="text"/> Weight: <input type="text"/>	
		Calories : <input type="text"/> Distance: <input type="text"/>	

	Activities	Tracker	Notes
WED		Sets : <input type="text"/> Date: <input type="text"/>	
		Reps : <input type="text"/> Weight: <input type="text"/>	
		Calories : <input type="text"/> Distance: <input type="text"/>	

	Activities	Tracker	Notes
THU		Sets : <input type="text"/> Date: <input type="text"/>	
		Reps : <input type="text"/> Weight: <input type="text"/>	
		Calories : <input type="text"/> Distance: <input type="text"/>	

	Activities	Tracker	Notes
FRI		Sets : <input type="text"/> Date: <input type="text"/>	
		Reps : <input type="text"/> Weight: <input type="text"/>	
		Calories : <input type="text"/> Distance: <input type="text"/>	

	Activities	Tracker	Notes
SAT		Sets : <input type="text"/> Date: <input type="text"/>	
		Reps : <input type="text"/> Weight: <input type="text"/>	
		Calories : <input type="text"/> Distance: <input type="text"/>	

	Activities	Tracker	Notes
SUN		Sets : <input type="text"/> Date: <input type="text"/>	
		Reps : <input type="text"/> Weight: <input type="text"/>	
		Calories : <input type="text"/> Distance: <input type="text"/>	

# FOOD TRACKER

Date	Breakfast	Lunch	Dinner	Snack
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				

## Notes

## Target Weight



# WEIGHT TRACKER

MONTH:

Week 1	Week 2	Week 3	Week 4
.lbs	.lbs	.lbs	.lbs

MONTH:

Week 1	Week 2	Week 3	Week 4
.lbs	.lbs	.lbs	.lbs

MONTH:

Week 1	Week 2	Week 3	Week 4
.lbs	.lbs	.lbs	.lbs

Notes

Before After

.lbs

.lbs

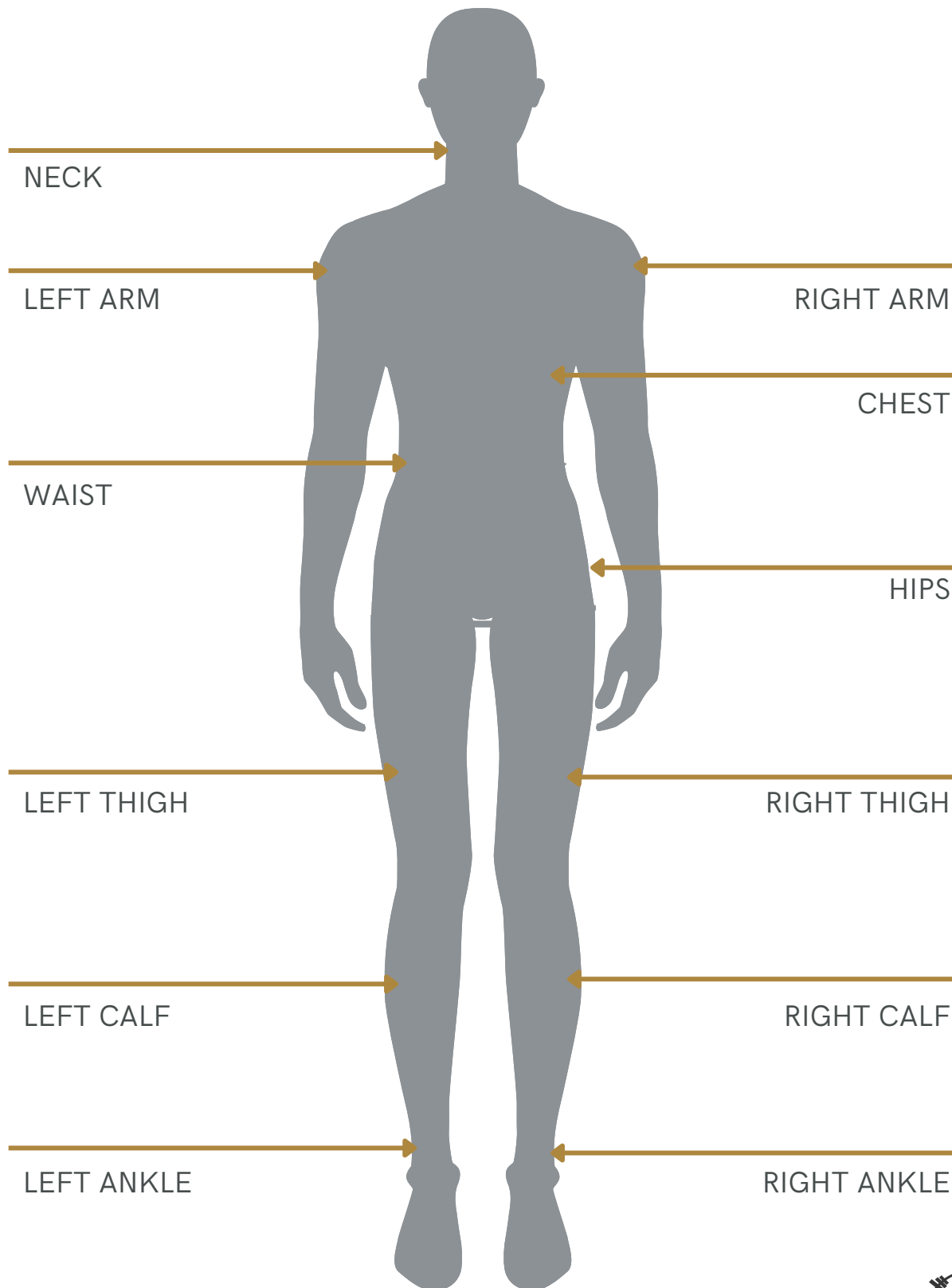
TARGET WEIGHT

.lbs



# BODY MEASUREMENTS CHART

Date: \_\_\_\_\_



MON	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
TUES	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
WED	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
THURS	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
FRI	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
SAT	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
SUN	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest



# LOSE YOUR WEIGHT IN 4 WEEKS

No Equipment, 10 Minutes/Day

## 1ST WEEK

### Day 1

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

### Day 2

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

### Day 3

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

### Day 4

REST

### Day 5

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

### Day 6

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

### Day 7

REST

## 2ND WEEK

### Day 1

10 Push Up  
10 sec. Plank  
10 sec. Crunch

### Day 2

10 Push Up  
10 sec. Plank  
10 sec. Crunch

### Day 3

10 Push Up  
10 sec. Plank  
10 sec. Crunch

### Day 4

REST

### Day 5

10 Push Up  
10 sec. Plank  
10 sec. Crunch

### Day 6

10 Push Up  
10 sec. Plank  
10 sec. Crunch

### Day 7

REST

## 3RD WEEK

### Day 1

10 sec. Squats  
10 sec. Lunges  
10 sec. Bicycle

### Day 2

15 sec. Squats  
15 sec. Lunges  
15 sec. Bicycle

### Day 3

20 sec. Squats  
20 sec. Lunges  
20 sec. Bicycle

### Day 4

REST

### Day 5

45 sec. Squats  
45 sec. Lunges  
45 sec. Bicycle

### Day 6

60 sec. Squats  
60 sec. Lunges  
60 sec. Bicycle

### Day 7

REST

## 4TH WEEK

### Day 1

10 Leg Raises  
10 Crunches  
5 Min Run

### Day 2

15 Leg Raises  
15 Crunches  
5 Min Run

### Day 3

20 Leg Raises  
20 Crunches  
5 Min Run

### Day 4

REST

### Day 5

30 Leg Raises  
30 Crunches  
5 Min Run

### Day 6

45 Leg Raises  
45 Crunches  
5 Min Run

### Day 7

REST