DATE: _____

WIEGHT (morn): _____

(gym scale): _____

FOOD LOG		
Time	Food	Calories
	Total Calories	

Measurements	
Chest	
Waist	
Hips	
Arm (R)	
Thigh (R)	

Water: ☐☐☐☐☐☐☐☐

Food Intake was:

- ☐ Overeating
- ☐ Good Amount
- ☐ Too Little

Exercise was:

- ☐ Minimal/Comfortable
- ☐ Challenging
- ☐ Strenuous

Comments: _____

_____

_____

ACTIVITY LOG PROGRAM C

Warm-up Machine				
Time/Level/Calories				
Strength Training	**Set #1**	**Set #2**	**Set #3**	**Comments**
Push ups				
Lat Pulldown (close grip)				
Static Lunges with Barbell				
Hamstring Curls				
Leg Press				
Tricep Kickbacks				
Bicep Curls				
Low back Stabilization (5-10 sec)				
Crunches (feet down)				
Bicycle Abs				
Supermans (on stomach)				
Cardio Workout Machine				
Minutes/Level				
Heart Rate				
Distance/Calories				

DATE: _____

WIEGHT (morn): _____

(gym scale): _____

FOOD LOG		
Time	Food	Calories
	Total Calories	

Measurements	
Chest	
Waist	
Hips	
Arm (R)	
Thigh (R)	

Water: ☐☐☐☐☐☐☐☐

Food Intake was:

- ☐ Overeating
- ☐ Good Amount
- ☐ Too Little

Exercise was:

- ☐ Minimal/Comfortable
- ☐ Challenging
- ☐ Strenuous

Comments: _____

_____

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ACTIVITY LOG PROGRAM D

Warm-up Machine				
Time/Level/Calories				
Strength Training	**Set #1**	**Set #2**	**Set #3**	**Comments**
Chest Press on Ball				
Back Rows on Ball				
Step ups with Barbell				
Ball Squats (w/ dumbbells)				
Hamstring Curls on Ball				
Tricep Pressdown				
Bicep - 21's				
Glutes raises				
Abs (on ball)				
Hip Raises				
Cardio Workout Machine				
Minutes/Level				
Heart Rate				
Distance/Calories				

DATE: _____

WIEGHT (morn): _____

(gym scale): _____

FOOD LOG		
Time	Food	Calories
	Total Calories	

Measurements	
Chest	
Waist	
Hips	
Arm (R)	
Thigh (R)	

Water: ☐☐☐☐☐☐☐☐

Food Intake was:

- ☐ Overeating
- ☐ Good Amount
- ☐ Too Little

Exercise was:

- ☐ Minimal/Comfortable
- ☐ Challenging
- ☐ Strenuous

Comments: _____

_____

_____

ACTIVITY LOG PROGRAM ___

Warm-up Machine				
Time/Level/Calories				
Strength Training	Set #1	Set #2	Set #3	Comments
Cardio Workout Machine				
Time/Distance/Calories				

DATE: _____

WIEGHT (morn): _____

(gym scale): _____

FOOD LOG		
Time	Food	Calories
	Total Calories	

Measurements	
Chest	
Waist	
Hips	
Arm (R)	
Thigh (R)	

Water: ☐☐☐☐☐☐☐☐

Food Intake was:

- ☐ Overeating
- ☐ Good Amount
- ☐ Too Little

Exercise was:

- ☐ Minimal/Comfortable
- ☐ Challenging
- ☐ Strenuous

Comments: _____

_____

_____

ACTIVITY LOG PROGRAM ___

Warm-up Machine				
Time/Level/Calories				
Strength Training	Set #1	Set #2	Set #3	Comments
Cardio Workout Machine				
Time/Distance/Calories				