



DATE:		GOAL:		
WARM UP				
CARDIO				
TYPE	TIME	SPEED	RESIST- ANCE	HEART RATE
STRENGTH TRAINING				
EXERCISE	WEIGHT	SET 1	SET 2	SET 3
COOL DOWN/FLEXIBILITY				

SLEEP:	WAKETIME:	TOTAL SLEEP:
WATER: 	SUPPLEMENTS:	
ENERGY LEVEL: 1  10 LOW/POOR HIGH/GREAT	OTHER NOTES:	

DAILY FOOD DIARY								
	FOOD/AMOUNT	CALORIES	FAT	CARB	PROTEIN	FIBER	SUGAR	SUPPLEMENTS TAKEN
B								
S								
L								
S								
D								
S								