

| DATE:    | (Mo)     | Th Fr | su      |      | WEIGH        | т:   |       |       |            |       |                    |
|----------|----------|-------|---------|------|--------------|------|-------|-------|------------|-------|--------------------|
| GOAL:    |          |       |         |      |              | ı    | MOOD: |       |            |       |                    |
|          | CARDI    | 0     |         |      |              |      | F     | IFXIE | BILITY     | /CLA  | SS                 |
| EXERC    |          |       | TANCE   | т    | IME          |      | EXER  |       |            |       | IME                |
| EXERC    | ,13L     | Dis   | TANCE   | •    | IIVIL        |      | LXLK  | CISL  |            |       | IIVIL              |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
| STRENGTH | O SHOULD | RES   | O ARM   | /IS  | $\bigcirc$ ( | CHES | т 🔾   | ABS   | $\bigcirc$ | HIPS  | C LEGS             |
| EXE      | RCISE    |       | SET 1   |      | SET          | ۲2   | SET   | Г3    | SET        | 4     | SET 5              |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
| CALORIES |          |       | DIFFICU | ILTY |              |      |       | AN    | ERGY       | 0     | 0000               |
|          | NOTES    |       |         |      |              |      |       | NU    | TRITIO     | N     |                    |
|          |          |       |         |      |              |      |       |       |            |       | VITAMIN            |
|          |          |       |         |      |              |      |       |       |            |       | SUGAR<br>DAIRY     |
|          |          |       |         |      |              |      |       |       |            |       | FATS               |
|          |          |       |         |      |              |      |       |       |            |       | FISH,MEAT<br>GRAIN |
|          |          |       |         |      |              |      |       |       | V          | EGETA | BLE, FRUITS        |
|          |          |       |         |      |              |      |       |       |            |       | WATER              |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |

| DATE:    | (Mo)     | Th Fr | su      |      | WEIGH        | т:   |       |       |            |       |                    |
|----------|----------|-------|---------|------|--------------|------|-------|-------|------------|-------|--------------------|
| GOAL:    |          |       |         |      |              | ı    | MOOD: |       |            |       |                    |
|          | CARDI    | 0     |         |      |              |      | F     | IFXIE | BILITY     | /CLA  | SS                 |
| EXERC    |          |       | TANCE   | т    | IME          |      | EXER  |       |            |       | IME                |
| EXERC    | ,13L     | Dis   | TANCE   | •    | IIVIL        |      | LXLK  | CISL  |            |       | IIVIL              |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
| STRENGTH | O SHOULD | RES   | O ARM   | /IS  | $\bigcirc$ ( | CHES | т 🔾   | ABS   | $\bigcirc$ | HIPS  | C LEGS             |
| EXE      | RCISE    |       | SET 1   |      | SET          | ۲2   | SET   | Г3    | SET        | 4     | SET 5              |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
| CALORIES |          |       | DIFFICU | ILTY |              |      |       | AN    | ERGY       | 0     | 0000               |
|          | NOTES    |       |         |      |              |      |       | NU    | TRITIO     | N     |                    |
|          |          |       |         |      |              |      |       |       |            |       | VITAMIN            |
|          |          |       |         |      |              |      |       |       |            |       | SUGAR<br>DAIRY     |
|          |          |       |         |      |              |      |       |       |            |       | FATS               |
|          |          |       |         |      |              |      |       |       |            |       | FISH,MEAT<br>GRAIN |
|          |          |       |         |      |              |      |       |       | V          | EGETA | BLE, FRUITS        |
|          |          |       |         |      |              |      |       |       |            |       | WATER              |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |

| DATE:    | (Mo)     | Th Fr | su      |      | WEIGH        | т:   |       |       |            |       |                    |
|----------|----------|-------|---------|------|--------------|------|-------|-------|------------|-------|--------------------|
| GOAL:    |          |       |         |      |              | ı    | MOOD: |       |            |       |                    |
|          | CARDI    | 0     |         |      |              |      | F     | IFXIE | BILITY     | /CLA  | SS                 |
| EXERC    |          |       | TANCE   | т    | IME          |      | EXER  |       |            |       | IME                |
| EXERC    | ,13L     | Dis   | TANCE   | •    | IIVIL        |      | LXLK  | CISL  |            |       | IIVIL              |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
| STRENGTH | O SHOULD | RES   | O ARM   | /IS  | $\bigcirc$ ( | CHES | т 🔾   | ABS   | $\bigcirc$ | HIPS  | C LEGS             |
| EXE      | RCISE    |       | SET 1   |      | SET          | ۲2   | SET   | Г3    | SET        | 4     | SET 5              |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
| CALORIES |          |       | DIFFICU | ILTY |              |      |       | AN    | ERGY       | 0     | 0000               |
|          | NOTES    |       |         |      |              |      |       | NU    | TRITIO     | N     |                    |
|          |          |       |         |      |              |      |       |       |            |       | VITAMIN            |
|          |          |       |         |      |              |      |       |       |            |       | SUGAR<br>DAIRY     |
|          |          |       |         |      |              |      |       |       |            |       | FATS               |
|          |          |       |         |      |              |      |       |       |            |       | FISH,MEAT<br>GRAIN |
|          |          |       |         |      |              |      |       |       | V          | EGETA | BLE, FRUITS        |
|          |          |       |         |      |              |      |       |       |            |       | WATER              |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |

| DATE:    | (Mo)     | Th Fr | su      |      | WEIGH        | т:   |       |       |            |       |                    |
|----------|----------|-------|---------|------|--------------|------|-------|-------|------------|-------|--------------------|
| GOAL:    |          |       |         |      |              | ı    | MOOD: |       |            |       |                    |
|          | CARDI    | 0     |         |      |              |      | F     | IFXIE | BILITY     | /CLA  | SS                 |
| EXERC    |          |       | TANCE   | т    | IME          |      | EXER  |       |            |       | IME                |
| EXERC    | ,13L     | Dis   | TANCE   | •    | IIVIL        |      | LXLK  | CISL  |            |       | IIVIL              |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
| STRENGTH | O SHOULD | RES   | O ARM   | /IS  | $\bigcirc$ ( | CHES | т 🔾   | ABS   | $\bigcirc$ | HIPS  | C LEGS             |
| EXE      | RCISE    |       | SET 1   |      | SET          | ۲2   | SET   | Г3    | SET        | 4     | SET 5              |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
| CALORIES |          |       | DIFFICU | ILTY |              |      |       | AN    | ERGY       | 0     | 0000               |
|          | NOTES    |       |         |      |              |      |       | NU    | TRITIO     | N     |                    |
|          |          |       |         |      |              |      |       |       |            |       | VITAMIN            |
|          |          |       |         |      |              |      |       |       |            |       | SUGAR<br>DAIRY     |
|          |          |       |         |      |              |      |       |       |            |       | FATS               |
|          |          |       |         |      |              |      |       |       |            |       | FISH,MEAT<br>GRAIN |
|          |          |       |         |      |              |      |       |       | V          | EGETA | BLE, FRUITS        |
|          |          |       |         |      |              |      |       |       |            |       | WATER              |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |
|          |          |       |         |      |              |      |       |       |            |       |                    |

| DATE:    | (Mo)     | Th Fr | su      |      | WEIGH        | т:   |       |                    |            |         |                |  |
|----------|----------|-------|---------|------|--------------|------|-------|--------------------|------------|---------|----------------|--|
| GOAL:    |          |       |         |      |              | ľ    | MOOD: |                    |            |         |                |  |
|          | CARDI    | 0     |         |      |              |      | F     | IFXIE              | BILITY     | CLA     | SS             |  |
| EXERC    |          |       | TANCE   | т    | IME          |      | EXER  |                    |            |         | TIME           |  |
| EXERC    | ,13L     | Dis   | TANCE   | •    | IIVIL        |      | LXLK  | CISL               |            |         | IIVIL          |  |
|          |          |       |         |      |              |      |       |                    |            |         |                |  |
|          |          |       |         |      |              |      |       |                    |            |         |                |  |
| STRENGTH | O SHOULD | RES   | O ARM   | ЛS   | $\bigcirc$ ( | CHES | т 🔾   | ABS                | $\bigcirc$ | HIPS    | C LEGS         |  |
| EXE      | RCISE    |       | SET 1   |      | SE1          | Γ2   | SE    | Г3                 | SET        | 4       | SET 5          |  |
|          |          |       |         |      |              |      |       |                    |            |         |                |  |
|          |          |       |         |      |              |      |       |                    |            |         |                |  |
|          |          |       |         |      |              |      |       |                    |            |         |                |  |
|          |          |       |         |      |              |      |       |                    |            |         |                |  |
|          |          |       |         |      |              |      |       |                    |            |         |                |  |
|          |          |       |         |      |              |      |       |                    |            |         |                |  |
|          |          |       |         |      |              |      |       |                    |            |         |                |  |
|          |          |       |         |      |              |      |       |                    |            |         |                |  |
|          |          |       |         |      |              |      |       |                    |            |         |                |  |
| CALORIES |          |       | DIFFICU | ILTY |              |      |       | AN                 | ERGY       | $\circ$ | 0000           |  |
|          | NOTES    |       |         |      |              |      |       | NU                 | TRITIO     | N       |                |  |
|          |          |       |         |      |              |      |       |                    |            |         | VITAMIN        |  |
|          |          |       |         |      | -            |      |       |                    |            |         | SUGAR<br>DAIRY |  |
|          |          |       |         |      |              |      |       |                    |            |         | FATS           |  |
|          |          |       |         |      |              |      |       | FISH,MEAT<br>GRAIN |            |         |                |  |
|          |          |       |         |      |              |      |       |                    | V          | EGETA   | BLE, FRUITS    |  |
|          |          |       |         |      |              |      |       |                    |            |         | WATER          |  |
|          |          |       |         |      |              |      |       |                    |            |         |                |  |
|          |          |       |         |      |              |      |       |                    |            |         |                |  |
|          |          |       |         |      |              |      |       |                    |            |         |                |  |

| DATE:             | Tu We Th Fr | <u>a</u> ) | V             | VEIGHT: |         |                    |        |                |  |
|-------------------|-------------|------------|---------------|---------|---------|--------------------|--------|----------------|--|
| GOAL:             |             |            |               | M       | MOOD:   |                    |        |                |  |
| CARD              | IO          |            |               |         | FLE     | XIRIII             | TY/CLA | SS             |  |
| EXERCISE          | DISTANCE    | ти         | ME            |         | EXERCIS |                    |        | TIME           |  |
| LAEROISE          | DISTANCE    |            | IVIL          |         | EXERCI  | )                  |        | IIIVIE         |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
| STRENGTH O SHOULD | DRES C A    | RMS        | $\bigcirc$ (  | CHEST   | T () A  | BS (               | HIPS   | C LEGS         |  |
| EXERCISE          | SE          | Г1         | SET           | 2       | SET 3   |                    | SET 4  | SET 5          |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
| CALORIES          | DIFFI       | CULTY      | 00            |         |         | ANER               | ЭҮ 🔾   | 0000           |  |
| NOTES             |             |            |               |         |         | NUTRI              | TION   |                |  |
|                   |             |            | $\neg \vdash$ |         |         |                    |        | VITAMIN        |  |
|                   |             |            |               |         |         |                    |        | SUGAR<br>DAIRY |  |
|                   |             |            |               |         |         |                    |        | FATS           |  |
|                   |             |            |               |         |         | FISH,MEAT<br>GRAIN |        |                |  |
|                   |             |            |               |         | VEGETA  | BLE, FRUITS        |        |                |  |
|                   |             |            |               |         |         | WATER              |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |

| DATE:             | Tu We Th Fr | <u>a</u> ) | V             | VEIGHT: |         |                    |        |                |  |
|-------------------|-------------|------------|---------------|---------|---------|--------------------|--------|----------------|--|
| GOAL:             |             |            |               | M       | MOOD:   |                    |        |                |  |
| CARD              | IO          |            |               |         | FLE     | XIRIII             | TY/CLA | SS             |  |
| EXERCISE          | DISTANCE    | ти         | ME            |         | EXERCIS |                    |        | TIME           |  |
| LAEROISE          | DISTANCE    |            | IVIL          |         | EXERCI  | )                  |        | IIIVIE         |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
| STRENGTH O SHOULD | DRES C A    | RMS        | $\bigcirc$ (  | CHEST   | T () A  | BS (               | HIPS   | C LEGS         |  |
| EXERCISE          | SE          | Г1         | SET           | 2       | SET 3   |                    | SET 4  | SET 5          |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
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|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
| CALORIES          | DIFFI       | CULTY      | 00            |         |         | ANER               | ЭҮ 🔾   | 0000           |  |
| NOTES             |             |            |               |         |         | NUTRI              | TION   |                |  |
|                   |             |            | $\neg \vdash$ |         |         |                    |        | VITAMIN        |  |
|                   |             |            |               |         |         |                    |        | SUGAR<br>DAIRY |  |
|                   |             |            |               |         |         |                    |        | FATS           |  |
|                   |             |            |               |         |         | FISH,MEAT<br>GRAIN |        |                |  |
|                   |             |            |               |         | VEGETA  | BLE, FRUITS        |        |                |  |
|                   |             |            |               |         |         | WATER              |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |

| DATE:             | Tu We Th Fr | <u>a</u> ) | V             | VEIGHT: |         |                    |        |                |  |
|-------------------|-------------|------------|---------------|---------|---------|--------------------|--------|----------------|--|
| GOAL:             |             |            |               | M       | MOOD:   |                    |        |                |  |
| CARD              | IO          |            |               |         | FLE     | XIRIII             | TY/CLA | SS             |  |
| EXERCISE          | DISTANCE    | ти         | ME            |         | EXERCIS |                    |        | TIME           |  |
| LAEROISE          | DISTANCE    |            | IVIL          |         | EXERCI  | )                  |        | IIIVIE         |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
| STRENGTH O SHOULD | DRES C A    | RMS        | $\bigcirc$ (  | CHEST   | T () A  | BS (               | HIPS   | C LEGS         |  |
| EXERCISE          | SE          | Г1         | SET           | 2       | SET 3   |                    | SET 4  | SET 5          |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
| CALORIES          | DIFFI       | CULTY      | 00            |         |         | ANER               | ЭҮ 🔾   | 0000           |  |
| NOTES             |             |            |               |         |         | NUTRI              | TION   |                |  |
|                   |             |            | $\neg \vdash$ |         |         |                    |        | VITAMIN        |  |
|                   |             |            |               |         |         |                    |        | SUGAR<br>DAIRY |  |
|                   |             |            |               |         |         |                    |        | FATS           |  |
|                   |             |            |               |         |         | FISH,MEAT<br>GRAIN |        |                |  |
|                   |             |            |               |         | VEGETA  | BLE, FRUITS        |        |                |  |
|                   |             |            |               |         |         | WATER              |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |

| DATE:             | Tu We Th Fr | <u>a</u> ) | V             | VEIGHT: |         |                    |        |                |  |
|-------------------|-------------|------------|---------------|---------|---------|--------------------|--------|----------------|--|
| GOAL:             |             |            |               | M       | MOOD:   |                    |        |                |  |
| CARD              | IO          |            |               |         | FLE     | XIRIII             | TY/CLA | SS             |  |
| EXERCISE          | DISTANCE    | ти         | ME            |         | EXERCIS |                    |        | TIME           |  |
| LAEROISE          | DISTANCE    |            | IVIL          |         | EXERCI  | )                  |        | IIIVIE         |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
| STRENGTH O SHOULD | DRES C A    | RMS        | $\bigcirc$ (  | CHEST   | T () A  | BS (               | HIPS   | C LEGS         |  |
| EXERCISE          | SE          | Г1         | SET           | 2       | SET 3   |                    | SET 4  | SET 5          |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
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|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
| CALORIES          | DIFFI       | CULTY      | 00            |         |         | ANER               | ЭҮ 🔾   | 0000           |  |
| NOTES             |             |            |               |         |         | NUTRI              | TION   |                |  |
|                   |             |            | $\neg \vdash$ |         |         |                    |        | VITAMIN        |  |
|                   |             |            |               |         |         |                    |        | SUGAR<br>DAIRY |  |
|                   |             |            |               |         |         |                    |        | FATS           |  |
|                   |             |            |               |         |         | FISH,MEAT<br>GRAIN |        |                |  |
|                   |             |            |               |         | VEGETA  | BLE, FRUITS        |        |                |  |
|                   |             |            |               |         |         | WATER              |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |

| DATE:             | Tu We Th Fr | <u>a</u> ) | V             | VEIGHT: |         |                    |        |                |  |
|-------------------|-------------|------------|---------------|---------|---------|--------------------|--------|----------------|--|
| GOAL:             |             |            |               | M       | MOOD:   |                    |        |                |  |
| CARD              | IO          |            |               |         | FLE     | XIRIII             | TY/CLA | SS             |  |
| EXERCISE          | DISTANCE    | ти         | ME            |         | EXERCIS |                    |        | TIME           |  |
| LAEROISE          | DISTANCE    |            | IVIL          |         | EXERCI  | )                  |        | IIIVIE         |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
| STRENGTH O SHOULD | DRES C A    | RMS        | $\bigcirc$ (  | CHEST   | T () A  | BS (               | HIPS   | C LEGS         |  |
| EXERCISE          | SE          | Г1         | SET           | 2       | SET 3   |                    | SET 4  | SET 5          |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
| CALORIES          | DIFFI       | CULTY      | 00            |         |         | ANER               | ЭҮ 🔾   | 0000           |  |
| NOTES             |             |            |               |         |         | NUTRI              | TION   |                |  |
|                   |             |            | $\neg \vdash$ |         |         |                    |        | VITAMIN        |  |
|                   |             |            |               |         |         |                    |        | SUGAR<br>DAIRY |  |
|                   |             |            |               |         |         |                    |        | FATS           |  |
|                   |             |            |               |         |         | FISH,MEAT<br>GRAIN |        |                |  |
|                   |             |            |               |         | VEGETA  | BLE, FRUITS        |        |                |  |
|                   |             |            |               |         |         | WATER              |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |
|                   |             |            |               |         |         |                    |        |                |  |

| DATE:    | DATE: Mo (Tu) (We) (Th) (Fr) (Sa) (Su) |     |         |          |            |      |          |       |             |           |               |
|----------|--|-----|---------|----------|------------|------|----------|-------|-------------|-----------|---------------|
| GOAL:    |  |     |         |          |            | I    | MOOD:    |       |             |           |               |
|          | CARDI                                  | 0   |         |          |            |      | F        | LEXIE | BILITY/C    | LASS      |               |
| EXERC    | ISE                                    | DIS | TANCE   | Т        | IME        |      | EXER     |       |             | TIME      |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
| STRENGTH | O SHOULD                               | RES | O ARN   | /IS      | $\bigcirc$ | CHES | т        | ABS   | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE                                  |     | SET 1   |          | SET        | 2    | SET      | 3     | SET 4       | S         | ET 5          |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         | <b>!</b> |            |      | <u> </u> |       |             | <b>.</b>  |               |
| CALORIES |  |     | DIFFICU | LTY      |            |      |          | AN    | ERGY        | 000       |               |
|          | NOTES                                  |     |         |          |            |      |          | NU    | TRITION     |           |               |
|          |  |     |         |          |            |      |          |       |             |           | TAMIN<br>UGAR |
|          |  |     |         |          |            |      |          |       |             |           | DAIRY         |
|          |  |     |         |          |            |      |          |       |             | FISH      | FATS<br>,MEAT |
|          |  |     |         |          |            |      |          |       | VFG         | ETABLE, F | GRAIN         |
|          |  |     |         |          |            |      |          |       | VEG         |           | VATER         |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |

| DATE:    | DATE: Mo (Tu) (We) (Th) (Fr) (Sa) (Su) |     |         |          |            |      |          |       |             |           |               |
|----------|--|-----|---------|----------|------------|------|----------|-------|-------------|-----------|---------------|
| GOAL:    |  |     |         |          |            | I    | MOOD:    |       |             |           |               |
|          | CARDI                                  | 0   |         |          |            |      | F        | LEXIE | BILITY/C    | LASS      |               |
| EXERC    | ISE                                    | DIS | TANCE   | Т        | IME        |      | EXER     |       |             | TIME      |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
| STRENGTH | O SHOULD                               | RES | O ARN   | /IS      | $\bigcirc$ | CHES | т        | ABS   | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE                                  |     | SET 1   |          | SET        | 2    | SET      | 3     | SET 4       | S         | ET 5          |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         | <b>!</b> |            |      | <u> </u> |       |             | <b>.</b>  |               |
| CALORIES |  |     | DIFFICU | LTY      |            |      |          | AN    | ERGY        | 000       |               |
|          | NOTES                                  |     |         |          |            |      |          | NU    | TRITION     |           |               |
|          |  |     |         |          |            |      |          |       |             |           | TAMIN<br>UGAR |
|          |  |     |         |          |            |      |          |       |             |           | DAIRY         |
|          |  |     |         |          |            |      |          |       |             | FISH      | FATS<br>,MEAT |
|          |  |     |         |          |            |      |          |       | VFG         | ETABLE, F | GRAIN         |
|          |  |     |         |          |            |      |          |       | VEG         |           | VATER         |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |
|          |  |     |         |          |            |      |          |       |             |           |               |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s   | Su         |      | WEIGH    | Т:    |             |           |               |
|----------|----------|-------|---------|----------|------------|------|----------|-------|-------------|-----------|---------------|
| GOAL:    |          |       |         |          |            | I    | MOOD:    |       |             |           |               |
|          | CARDI    | 0     |         |          |            |      | F        | LEXIE | BILITY/C    | LASS      |               |
| EXERC    | ISE      | DIS   | TANCE   | Т        | IME        |      | EXER     |       |             | TIME      |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS      | $\bigcirc$ | CHES | т        | ABS   | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE    |       | SET 1   |          | SET        | 2    | SET      | 3     | SET 4       | S         | ET 5          |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         | <b>!</b> |            |      | <u> </u> |       |             | <b>.</b>  |               |
| CALORIES |          |       | DIFFICU | LTY      |            |      |          | AN    | ERGY        | 000       |               |
|          | NOTES    |       |         |          |            |      |          | NU    | TRITION     |           |               |
|          |          |       |         |          |            |      |          |       |             |           | TAMIN<br>UGAR |
|          |          |       |         |          |            |      | DAIRY    |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             | FISH      | FATS<br>,MEAT |
|          |          |       |         |          |            |      |          |       | VFG         | ETABLE, F | GRAIN         |
|          |          |       |         |          |            |      |          |       | VEG         |           | VATER         |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s   | Su         |      | WEIGH    | Т:    |             |           |               |
|----------|----------|-------|---------|----------|------------|------|----------|-------|-------------|-----------|---------------|
| GOAL:    |          |       |         |          |            | I    | MOOD:    |       |             |           |               |
|          | CARDI    | 0     |         |          |            |      | F        | LEXIE | BILITY/C    | LASS      |               |
| EXERC    | ISE      | DIS   | TANCE   | Т        | IME        |      | EXER     |       |             | TIME      |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS      | $\bigcirc$ | CHES | т        | ABS   | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE    |       | SET 1   |          | SET        | 2    | SET      | 3     | SET 4       | S         | ET 5          |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         | <b>!</b> |            |      | <u> </u> |       |             | <b>.</b>  |               |
| CALORIES |          |       | DIFFICU | LTY      |            |      |          | AN    | ERGY        | 000       |               |
|          | NOTES    |       |         |          |            |      |          | NU    | TRITION     |           |               |
|          |          |       |         |          |            |      |          |       |             |           | TAMIN<br>UGAR |
|          |          |       |         |          |            |      | DAIRY    |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             | FISH      | FATS<br>,MEAT |
|          |          |       |         |          |            |      |          |       | VFG         | ETABLE, F | GRAIN         |
|          |          |       |         |          |            |      |          |       | VEG         |           | VATER         |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s   | Su         |      | WEIGH    | Т:    |             |           |               |
|----------|----------|-------|---------|----------|------------|------|----------|-------|-------------|-----------|---------------|
| GOAL:    |          |       |         |          |            | I    | MOOD:    |       |             |           |               |
|          | CARDI    | 0     |         |          |            |      | F        | LEXIE | BILITY/C    | LASS      |               |
| EXERC    | ISE      | DIS   | TANCE   | Т        | IME        |      | EXER     |       |             | TIME      |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS      | $\bigcirc$ | CHES | т        | ABS   | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE    |       | SET 1   |          | SET        | 2    | SET      | 3     | SET 4       | S         | ET 5          |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         | <b>!</b> |            |      | <u> </u> |       |             | <b>.</b>  |               |
| CALORIES |          |       | DIFFICU | LTY      |            |      |          | AN    | ERGY        | 000       |               |
|          | NOTES    |       |         |          |            |      |          | NU    | TRITION     |           |               |
|          |          |       |         |          |            |      |          |       |             |           | TAMIN<br>UGAR |
|          |          |       |         |          |            |      | DAIRY    |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             | FISH      | FATS<br>,MEAT |
|          |          |       |         |          |            |      |          |       | VFG         | ETABLE, F | GRAIN         |
|          |          |       |         |          |            |      |          |       | VEG         |           | VATER         |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |

| DATE:         | Mo Tu We | ) (Th) (Fr) ( |      | V            | WEIGH <sup>-</sup> | Г:    |                 |         |       |                    |
|---------------|----------|---------------|------|--------------|--------------------|-------|-----------------|---------|-------|--------------------|
| GOAL:         |          |               |      |              | N                  | MOOD: |                 |         |       |                    |
| C             | ARDIO    |               |      |              |                    | F     | IFXIB           | BILITY/ | CI A: | SS                 |
| EXERCISE      |          | STANCE        | TII  | ME           |                    | EXER  |                 |         |       | IME                |
| EXERCISE      | Dis      | TANCE         | 111  | IVIE         |                    | EXER  | CISE            |         |       | IIVIE              |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
| STRENGTH O SH | OULDRES  | O ARM         | /IS  | $\bigcirc$ ( | CHEST              | r (   | ABS             | () F    | IIPS  | C LEGS             |
| EXERCISE      |          | SET 1         |      | SET          | 2                  | SET   | 3               | SET 4   | 4     | SET 5              |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
| CALORIES      |          | DIFFICU       | ILTY | 00           |                    |       | AN              | ERGY    |       | 0000               |
|               |          |               |      |              |                    |       |                 |         |       |                    |
| NO            | TES      |               |      |              |                    |       | NU <sup>.</sup> | TRITION | ı     |                    |
|               |          |               |      |              |                    |       |                 |         |       | VITAMIN<br>SUGAR   |
|               |          |               |      |              |                    |       |                 |         | DAIRY |                    |
|               |          |               |      |              |                    |       |                 | FATS    |       |                    |
|               |          |               |      | -            |                    |       |                 |         |       | FISH,MEAT<br>GRAIN |
|               |          |               |      |              |                    |       |                 | VE      | GETA  | BLE, FRUITS        |
|               |          |               | -    |              |                    |       |                 |         | WATER |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH | Т:    |        |            |                      |
|----------|----------|-------|---------|--------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |        |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE    | Г3    | SET    | 4          | SET 5                |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV  | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |        |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |        |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |        |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |       |       | DAIRY  |            |                      |
|          |          |       |         |        |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |        |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |        |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH | Т:    |        |            |                      |
|----------|----------|-------|---------|--------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |        |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE    | Г3    | SET    | 4          | SET 5                |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV  | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |        |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |        |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |        |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |       |       | DAIRY  |            |                      |
|          |          |       |         |        |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |        |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |        |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH | Т:    |        |            |                      |
|----------|----------|-------|---------|--------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |        |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE    | Г 3   | SET    | 4          | SET 5                |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV  | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |        |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |        |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |        |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |       |       | DAIRY  |            |                      |
|          |          |       |         |        |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |        |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |        |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH | Т:    |        |            |                      |
|----------|----------|-------|---------|--------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |        |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE    | Г 3   | SET    | 4          | SET 5                |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV  | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |        |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |        |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |        |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |       |       | DAIRY  |            |                      |
|          |          |       |         |        |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |        |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |        |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH | Т:    |        |            |                      |
|----------|----------|-------|---------|--------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |        |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE    | Г 3   | SET    | 4          | SET 5                |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV  | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |        |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |        |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |        |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |       |       | DAIRY  |            |                      |
|          |          |       |         |        |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |        |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |        |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s   | Su         |      | WEIGH    | Т:    |             |           |               |
|----------|----------|-------|---------|----------|------------|------|----------|-------|-------------|-----------|---------------|
| GOAL:    |          |       |         |          |            | I    | MOOD:    |       |             |           |               |
|          | CARDI    | 0     |         |          |            |      | F        | LEXIE | BILITY/C    | LASS      |               |
| EXERC    | ISE      | DIS   | TANCE   | Т        | IME        |      | EXER     |       |             | TIME      |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS      | $\bigcirc$ | CHES | т        | ABS   | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE    |       | SET 1   |          | SET        | 2    | SET      | 3     | SET 4       | S         | ET 5          |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         | <b>!</b> |            |      | <u> </u> |       |             | <b>.</b>  |               |
| CALORIES |          |       | DIFFICU | LTY      |            |      |          | AN    | ERGY        | 000       |               |
|          | NOTES    |       |         |          |            |      |          | NU    | TRITION     |           |               |
|          |          |       |         |          |            |      |          |       |             |           | TAMIN<br>UGAR |
|          |          |       |         |          |            |      | DAIRY    |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             | FISH      | FATS<br>,MEAT |
|          |          |       |         |          |            |      |          |       | VFG         | ETABLE, F | GRAIN         |
|          |          |       |         |          |            |      |          |       | VEG         |           | VATER         |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s   | Su         |      | WEIGH    | Т:    |             |           |               |
|----------|----------|-------|---------|----------|------------|------|----------|-------|-------------|-----------|---------------|
| GOAL:    |          |       |         |          |            | I    | MOOD:    |       |             |           |               |
|          | CARDI    | 0     |         |          |            |      | F        | LEXIE | BILITY/C    | LASS      |               |
| EXERC    | ISE      | DIS   | TANCE   | Т        | IME        |      | EXER     |       |             | TIME      |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS      | $\bigcirc$ | CHES | т        | ABS   | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE    |       | SET 1   |          | SET        | 2    | SET      | 3     | SET 4       | S         | ET 5          |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         | <b>!</b> |            |      | <u> </u> |       |             | <b>.</b>  |               |
| CALORIES |          |       | DIFFICU | LTY      |            |      |          | AN    | ERGY        | 000       |               |
|          | NOTES    |       |         |          |            |      |          | NU    | TRITION     |           |               |
|          |          |       |         |          |            |      |          |       |             |           | TAMIN<br>UGAR |
|          |          |       |         |          |            |      | DAIRY    |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             | FISH      | FATS<br>,MEAT |
|          |          |       |         |          |            |      |          |       | VFG         | ETABLE, F | GRAIN         |
|          |          |       |         |          |            |      |          |       | VEG         |           | VATER         |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s   | Su         |      | WEIGH    | Т:    |             |           |               |
|----------|----------|-------|---------|----------|------------|------|----------|-------|-------------|-----------|---------------|
| GOAL:    |          |       |         |          |            | I    | MOOD:    |       |             |           |               |
|          | CARDI    | 0     |         |          |            |      | F        | LEXIE | BILITY/C    | LASS      |               |
| EXERC    | ISE      | DIS   | TANCE   | Т        | IME        |      | EXER     |       |             | TIME      |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS      | $\bigcirc$ | CHES | т        | ABS   | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE    |       | SET 1   |          | SET        | 2    | SET      | 3     | SET 4       | S         | ET 5          |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         | <b>!</b> |            |      | <u> </u> |       |             | <b>.</b>  |               |
| CALORIES |          |       | DIFFICU | LTY      |            |      |          | AN    | ERGY        | 000       |               |
|          | NOTES    |       |         |          |            |      |          | NU    | TRITION     |           |               |
|          |          |       |         |          |            |      |          |       |             |           | TAMIN<br>UGAR |
|          |          |       |         |          |            |      | DAIRY    |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             | FISH      | FATS<br>,MEAT |
|          |          |       |         |          |            |      |          |       | VFG         | ETABLE, F | GRAIN         |
|          |          |       |         |          |            |      |          |       | VEG         |           | VATER         |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |

| DATE:    | (Mo) (               | Tu We | Th Fr   | Su       | WEIGHT: |        |                      |       |        |          |                   |
|----------|----------------------|-------|---------|----------|---------|--------|----------------------|-------|--------|----------|-------------------|
| GOAL:    |                      |       |         |          |         |        | MOOD:                |       |        |          |                   |
|          | CARDI                | 0     |         |          |         |        | F                    | LEXIE | BILITY | /CLA     | SS                |
| EXERC    | ISE                  | DIS   | TANCE   | Т        | IME     |        | EXER                 |       | TIME   |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
| STRENGTH | STRENGTH O SHOULDRES |       |         |          |         | CHES   | т (                  | ABS   | 0      | HIPS     | C LEGS            |
| EXE      | EXERCISE SET 1 S     |       |         |          |         |        |                      | Г3    | SE1    | Г 4      | SET 5             |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         | <b>!</b> |         |        | <u>'</u>             |       |        |          |                   |
| CALORIES |                      |       | DIFFICU | LTY      |         |        |                      | AN    | ERGY   | <u> </u> | 0000              |
|          | NOTES                |       |         |          |         |        |                      | NU    | TRITIO | N        |                   |
|          |                      |       |         |          |         |        |                      |       |        |          | VITAMIN<br>SUGAR  |
|          |                      |       |         |          |         |        |                      |       |        |          | DAIRY             |
|          |                      |       |         |          |         |        |                      |       |        |          | FATS<br>FISH,MEAT |
|          |                      |       |         |          | V       | /FGFT^ | GRAIN<br>BLE, FRUITS |       |        |          |                   |
|          |                      |       |         |          | v       | LOLIA  | WATER                |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |

| DATE:    | (Mo) (               | Tu We | Th Fr   | Su       | WEIGHT: |        |                      |       |        |          |                   |
|----------|----------------------|-------|---------|----------|---------|--------|----------------------|-------|--------|----------|-------------------|
| GOAL:    |                      |       |         |          |         |        | MOOD:                |       |        |          |                   |
|          | CARDI                | 0     |         |          |         |        | F                    | LEXIE | BILITY | /CLA     | SS                |
| EXERC    | ISE                  | DIS   | TANCE   | Т        | IME     |        | EXER                 |       | TIME   |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
| STRENGTH | STRENGTH O SHOULDRES |       |         |          |         | CHES   | т (                  | ABS   | 0      | HIPS     | C LEGS            |
| EXE      | EXERCISE SET 1 S     |       |         |          |         |        |                      | Г3    | SE1    | Г 4      | SET 5             |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         | <b>!</b> |         |        | <u>'</u>             |       |        |          |                   |
| CALORIES |                      |       | DIFFICU | LTY      |         |        |                      | AN    | ERGY   | <u> </u> | 0000              |
|          | NOTES                |       |         |          |         |        |                      | NU    | TRITIO | N        |                   |
|          |                      |       |         |          |         |        |                      |       |        |          | VITAMIN<br>SUGAR  |
|          |                      |       |         |          |         |        |                      |       |        |          | DAIRY             |
|          |                      |       |         |          |         |        |                      |       |        |          | FATS<br>FISH,MEAT |
|          |                      |       |         |          | V       | /FGFT^ | GRAIN<br>BLE, FRUITS |       |        |          |                   |
|          |                      |       |         |          | v       | LOLIA  | WATER                |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |

| DATE: Mo (        | Tu) We) (Th) (Fr) ( | Sa) (Su) | WEIGHT: |          |   |                      |  |  |  |  |
|-------------------|---------------------|----------|---------|----------|---|----------------------|--|--|--|--|
| GOAL:             |                     |          | M       | MOOD:    |   |                      |  |  |  |  |
| CARDI             | 0                   |          | 1       | FIFXIF   | BILITY/CLA                              | SS                   |  |  |  |  |
| EXERCISE          | DISTANCE            | TIME     | 1       |          |   |                      |  |  |  |  |
| EXERCISE          | DISTANCE            | TIME     | -       | EXERCISE | ГІМЕ                                    |                      |  |  |  |  |
|                   |                     |          |         |          |   |                      |  |  |  |  |
|                   |                     |          |         |          |   |                      |  |  |  |  |
| STRENGTH O SHOULD | RES ARM             | MS (     | CHEST   | ABS      | O HIPS                                  | LEGS                 |  |  |  |  |
| EXERCISE          | SET 1               | SE       | T 2     | SET 3    | SET 4                                   | SET 5                |  |  |  |  |
|                   |                     |          |         |          |   |                      |  |  |  |  |
|                   |                     |          |         |          |   |                      |  |  |  |  |
|                   |                     |          |         |          |   |                      |  |  |  |  |
|                   |                     |          |         |          |   |                      |  |  |  |  |
|                   |                     |          |         |          |   |                      |  |  |  |  |
|                   |                     |          |         |          |   |                      |  |  |  |  |
|                   |                     |          |         |          |   |                      |  |  |  |  |
|                   |                     |          |         |          |   |                      |  |  |  |  |
|                   |                     |          |         |          |   |                      |  |  |  |  |
| CALORIES          | DIFFICU             | JLTY 🔘   | 000     | AN       | ERGY O                                  | 0000                 |  |  |  |  |
| NOTES             |                     |          |         | NU       | TRITION                                 |                      |  |  |  |  |
|                   |                     |          |         |          |   | VITAMIN              |  |  |  |  |
|                   |                     |          | -       |          |   | SUGAR                |  |  |  |  |
|                   |                     |          |         |          |   | DAIRY<br>FATS        |  |  |  |  |
|                   |                     |          |         |          |   | FISH,MEAT            |  |  |  |  |
|                   |                     |          |         |          | VFGFTA                                  | GRAIN<br>BLE, FRUITS |  |  |  |  |
|                   |                     |          |         |          | *************************************** | WATER                |  |  |  |  |
|                   |                     |          |         |          |   |                      |  |  |  |  |
|                   |                     |          |         |          |   |                      |  |  |  |  |
|                   |                     |          |         |          |   |                      |  |  |  |  |

| DATE:    | (Mo) (               | Tu We | Th Fr           | Su    | WEIGHT:           |        |                      |       |        |               |                   |
|----------|----------------------|-------|-----------------|-------|-------------------|--------|----------------------|-------|--------|---------------|-------------------|
| GOAL:    |                      |       |                 |       |                   |        | MOOD:                |       |        |               |                   |
|          | CARDI                | 0     |                 |       |                   |        | F                    | LEXIE | BILITY | /CLA          | SS                |
| EXERC    | ISE                  | DIS   | TANCE           | Т     | IME               |        | EXER                 |       | TIME   |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
| STRENGTH | STRENGTH O SHOULDRES |       |                 |       |                   | CHES   | т 🔾                  | ABS   | 0      | ) HIPS () LEG |                   |
| EXE      | EXERCISE SET 1       |       |                 |       |                   |        |                      | Г 3   | SET    | Г 4           | SET 5             |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
| CALORIES |                      |       | DIFFICU         | II TY | 00                |        | $\bigcap_{i=1}^{n}$  | AN    | ERGY   | $\bigcirc$    | 0000              |
| O/LOKIEG |                      |       | <b>DIII 100</b> |       |                   |        |                      |       |        |               |                   |
|          | NOTES                |       |                 |       |                   |        |                      | NU    | TRITIO | N             |                   |
|          |                      |       |                 |       | $\sqcap$ $\vdash$ |        |                      |       |        |               | VITAMIN<br>SUGAR  |
|          |                      |       |                 |       |                   |        |                      |       |        |               | DAIRY             |
|          |                      |       |                 |       |                   |        |                      |       |        |               | FATS<br>FISH,MEAT |
|          |                      |       |                 |       |                   |        |                      |       |        |               | GRAIN             |
|          |                      |       |                 |       | \                 | /EGETA | BLE, FRUITS<br>WATER |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               | WAILK             |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |

| DATE:    | (Mo) (               | Tu We | Th Fr           | Su    | WEIGHT:           |        |                      |       |        |               |                   |
|----------|----------------------|-------|-----------------|-------|-------------------|--------|----------------------|-------|--------|---------------|-------------------|
| GOAL:    |                      |       |                 |       |                   |        | MOOD:                |       |        |               |                   |
|          | CARDI                | 0     |                 |       |                   |        | F                    | LEXIE | BILITY | /CLA          | SS                |
| EXERC    | ISE                  | DIS   | TANCE           | Т     | IME               |        | EXER                 |       | TIME   |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
| STRENGTH | STRENGTH O SHOULDRES |       |                 |       |                   | CHES   | т 🔾                  | ABS   | 0      | ) HIPS () LEG |                   |
| EXE      | EXERCISE SET 1       |       |                 |       |                   |        |                      | Г 3   | SET    | Г 4           | SET 5             |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
| CALORIES |                      |       | DIFFICU         | II TY | 00                |        | $\bigcap_{i=1}^{n}$  | AN    | ERGY   | $\bigcirc$    | 0000              |
| O/LOKIEG |                      |       | <b>DIII 100</b> |       |                   |        |                      |       |        |               |                   |
|          | NOTES                |       |                 |       |                   |        |                      | NU    | TRITIO | N             |                   |
|          |                      |       |                 |       | $\sqcap$ $\vdash$ |        |                      |       |        |               | VITAMIN<br>SUGAR  |
|          |                      |       |                 |       |                   |        |                      |       |        |               | DAIRY             |
|          |                      |       |                 |       |                   |        |                      |       |        |               | FATS<br>FISH,MEAT |
|          |                      |       |                 |       |                   |        |                      |       |        |               | GRAIN             |
|          |                      |       |                 |       | \                 | /EGETA | BLE, FRUITS<br>WATER |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               | WAILK             |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |

| DATE:    | (Mo) (               | Tu We | Th Fr           | Su    | WEIGHT:           |        |                      |       |        |               |                   |
|----------|----------------------|-------|-----------------|-------|-------------------|--------|----------------------|-------|--------|---------------|-------------------|
| GOAL:    |                      |       |                 |       |                   |        | MOOD:                |       |        |               |                   |
|          | CARDI                | 0     |                 |       |                   |        | F                    | LEXIE | BILITY | /CLA          | SS                |
| EXERC    | ISE                  | DIS   | TANCE           | Т     | IME               |        | EXER                 |       | TIME   |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
| STRENGTH | STRENGTH O SHOULDRES |       |                 |       |                   | CHES   | т 🔾                  | ABS   | 0      | ) HIPS () LEG |                   |
| EXE      | EXERCISE SET 1       |       |                 |       |                   |        |                      | Г 3   | SET    | Г 4           | SET 5             |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
| CALORIES |                      |       | DIFFICU         | II TY | 00                |        | $\bigcap_{i=1}^{n}$  | AN    | ERGY   | $\bigcirc$    | 0000              |
| O/LOKIEG |                      |       | <b>DIII 100</b> |       |                   |        |                      |       |        |               |                   |
|          | NOTES                |       |                 |       |                   |        |                      | NU    | TRITIO | N             |                   |
|          |                      |       |                 |       | $\sqcap$ $\vdash$ |        |                      |       |        |               | VITAMIN<br>SUGAR  |
|          |                      |       |                 |       |                   |        |                      |       |        |               | DAIRY             |
|          |                      |       |                 |       |                   |        |                      |       |        |               | FATS<br>FISH,MEAT |
|          |                      |       |                 |       |                   |        |                      |       |        |               | GRAIN             |
|          |                      |       |                 |       | \                 | /EGETA | BLE, FRUITS<br>WATER |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               | WAILK             |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |

| DATE:    | (Mo) (               | Tu We | Th Fr           | Su    | WEIGHT:           |        |                      |       |        |               |                   |
|----------|----------------------|-------|-----------------|-------|-------------------|--------|----------------------|-------|--------|---------------|-------------------|
| GOAL:    |                      |       |                 |       |                   |        | MOOD:                |       |        |               |                   |
|          | CARDI                | 0     |                 |       |                   |        | F                    | LEXIE | BILITY | /CLA          | SS                |
| EXERC    | ISE                  | DIS   | TANCE           | Т     | IME               |        | EXER                 |       | TIME   |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
| STRENGTH | STRENGTH O SHOULDRES |       |                 |       |                   | CHES   | т 🔾                  | ABS   | 0      | ) HIPS () LEG |                   |
| EXE      | EXERCISE SET 1       |       |                 |       |                   |        |                      | Г 3   | SET    | Г 4           | SET 5             |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
| CALORIES |                      |       | DIFFICU         | II TY | 00                |        | $\bigcap_{i=1}^{n}$  | AN    | ERGY   | $\bigcirc$    | 0000              |
| O/LOKIEG |                      |       | <b>DIII 100</b> |       |                   |        |                      |       |        |               |                   |
|          | NOTES                |       |                 |       |                   |        |                      | NU    | TRITIO | N             |                   |
|          |                      |       |                 |       | $\sqcap$ $\vdash$ |        |                      |       |        |               | VITAMIN<br>SUGAR  |
|          |                      |       |                 |       |                   |        |                      |       |        |               | DAIRY             |
|          |                      |       |                 |       |                   |        |                      |       |        |               | FATS<br>FISH,MEAT |
|          |                      |       |                 |       |                   |        |                      |       |        |               | GRAIN             |
|          |                      |       |                 |       | \                 | /EGETA | BLE, FRUITS<br>WATER |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               | WAILK             |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |

| DATE:    | (Mo) (               | Tu We | Th Fr           | Su    | WEIGHT:           |        |                      |       |        |               |                   |
|----------|----------------------|-------|-----------------|-------|-------------------|--------|----------------------|-------|--------|---------------|-------------------|
| GOAL:    |                      |       |                 |       |                   |        | MOOD:                |       |        |               |                   |
|          | CARDI                | 0     |                 |       |                   |        | F                    | LEXIE | BILITY | /CLA          | SS                |
| EXERC    | ISE                  | DIS   | TANCE           | Т     | IME               |        | EXER                 |       | TIME   |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
| STRENGTH | STRENGTH O SHOULDRES |       |                 |       |                   | CHES   | т 🔾                  | ABS   | 0      | ) HIPS () LEG |                   |
| EXE      | EXERCISE SET 1       |       |                 |       |                   |        |                      | Г 3   | SET    | Г 4           | SET 5             |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
| CALORIES |                      |       | DIFFICU         | II TY | 00                |        | $\bigcap_{i=1}^{n}$  | AN    | ERGY   | $\bigcirc$    | 0000              |
| O/LOKIEG |                      |       | <b>DIII 100</b> |       |                   |        |                      |       |        |               |                   |
|          | NOTES                |       |                 |       |                   |        |                      | NU    | TRITIO | N             |                   |
|          |                      |       |                 |       | $\sqcap$ $\vdash$ |        |                      |       |        |               | VITAMIN<br>SUGAR  |
|          |                      |       |                 |       |                   |        |                      |       |        |               | DAIRY             |
|          |                      |       |                 |       |                   |        |                      |       |        |               | FATS<br>FISH,MEAT |
|          |                      |       |                 |       |                   |        |                      |       |        |               | GRAIN             |
|          |                      |       |                 |       | \                 | /EGETA | BLE, FRUITS<br>WATER |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               | WAILK             |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |
|          |                      |       |                 |       |                   |        |                      |       |        |               |                   |

| DATE:    | (Mo) (               | Tu We | Th Fr   | Su       | WEIGHT: |        |                      |       |        |          |                   |
|----------|----------------------|-------|---------|----------|---------|--------|----------------------|-------|--------|----------|-------------------|
| GOAL:    |                      |       |         |          |         |        | MOOD:                |       |        |          |                   |
|          | CARDI                | 0     |         |          |         |        | F                    | LEXIE | BILITY | /CLA     | SS                |
| EXERC    | ISE                  | DIS   | TANCE   | Т        | IME     |        | EXER                 |       | TIME   |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
| STRENGTH | STRENGTH O SHOULDRES |       |         |          |         | CHES   | т (                  | ABS   | 0      | HIPS     | C LEGS            |
| EXE      | EXERCISE SET 1 S     |       |         |          |         |        |                      | Г3    | SE1    | Г 4      | SET 5             |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         | <b>!</b> |         |        | <u>'</u>             |       |        |          |                   |
| CALORIES |                      |       | DIFFICU | LTY      |         |        |                      | AN    | ERGY   | <u> </u> | 0000              |
|          | NOTES                |       |         |          |         |        |                      | NU    | TRITIO | N        |                   |
|          |                      |       |         |          |         |        |                      |       |        |          | VITAMIN<br>SUGAR  |
|          |                      |       |         |          |         |        |                      |       |        |          | DAIRY             |
|          |                      |       |         |          |         |        |                      |       |        |          | FATS<br>FISH,MEAT |
|          |                      |       |         |          | V       | /FGFT^ | GRAIN<br>BLE, FRUITS |       |        |          |                   |
|          |                      |       |         |          | v       | LOLIA  | WATER                |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |

| DATE:    | (Mo) (               | Tu We | Th Fr   | Su       | WEIGHT: |        |                      |       |        |          |                   |
|----------|----------------------|-------|---------|----------|---------|--------|----------------------|-------|--------|----------|-------------------|
| GOAL:    |                      |       |         |          |         |        | MOOD:                |       |        |          |                   |
|          | CARDI                | 0     |         |          |         |        | F                    | LEXIE | BILITY | /CLA     | SS                |
| EXERC    | ISE                  | DIS   | TANCE   | Т        | IME     |        | EXER                 |       | TIME   |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
| STRENGTH | STRENGTH O SHOULDRES |       |         |          |         | CHES   | т (                  | ABS   | 0      | HIPS     | C LEGS            |
| EXE      | EXERCISE SET 1 S     |       |         |          |         |        |                      | Г3    | SE1    | Г 4      | SET 5             |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         | <b>!</b> |         |        | <u>'</u>             |       |        |          |                   |
| CALORIES |                      |       | DIFFICU | LTY      |         |        |                      | AN    | ERGY   | <u> </u> | 0000              |
|          | NOTES                |       |         |          |         |        |                      | NU    | TRITIO | N        |                   |
|          |                      |       |         |          |         |        |                      |       |        |          | VITAMIN<br>SUGAR  |
|          |                      |       |         |          |         |        |                      |       |        |          | DAIRY             |
|          |                      |       |         |          |         |        |                      |       |        |          | FATS<br>FISH,MEAT |
|          |                      |       |         |          | V       | /FGFT^ | GRAIN<br>BLE, FRUITS |       |        |          |                   |
|          |                      |       |         |          | v       | LOLIA  | WATER                |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |

| DATE:    | (Mo) (               | Tu We | Th Fr   | Su       | WEIGHT: |        |                      |       |        |          |                   |
|----------|----------------------|-------|---------|----------|---------|--------|----------------------|-------|--------|----------|-------------------|
| GOAL:    |                      |       |         |          |         |        | MOOD:                |       |        |          |                   |
|          | CARDI                | 0     |         |          |         |        | F                    | LEXIE | BILITY | /CLA     | SS                |
| EXERC    | ISE                  | DIS   | TANCE   | Т        | IME     |        | EXER                 |       | TIME   |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
| STRENGTH | STRENGTH O SHOULDRES |       |         |          |         | CHES   | т (                  | ABS   | 0      | HIPS     | C LEGS            |
| EXE      | EXERCISE SET 1 S     |       |         |          |         |        |                      | Г3    | SE1    | Г 4      | SET 5             |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         | <b>!</b> |         |        | <u>'</u>             |       |        |          |                   |
| CALORIES |                      |       | DIFFICU | LTY      |         |        |                      | AN    | ERGY   | <u> </u> | 0000              |
|          | NOTES                |       |         |          |         |        |                      | NU    | TRITIO | N        |                   |
|          |                      |       |         |          |         |        |                      |       |        |          | VITAMIN<br>SUGAR  |
|          |                      |       |         |          |         |        |                      |       |        |          | DAIRY             |
|          |                      |       |         |          |         |        |                      |       |        |          | FATS<br>FISH,MEAT |
|          |                      |       |         |          | V       | /FGFT^ | GRAIN<br>BLE, FRUITS |       |        |          |                   |
|          |                      |       |         |          | v       | LOLIA  | WATER                |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |
|          |                      |       |         |          |         |        |                      |       |        |          |                   |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s   | Su         |      | WEIGH    | Т:    |             |           |               |
|----------|----------|-------|---------|----------|------------|------|----------|-------|-------------|-----------|---------------|
| GOAL:    |          |       |         |          |            | I    | MOOD:    |       |             |           |               |
|          | CARDI    | 0     |         |          |            |      | F        | LEXIE | BILITY/C    | LASS      |               |
| EXERC    | ISE      | DIS   | TANCE   | Т        | IME        |      | EXER     |       |             | TIME      |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS      | $\bigcirc$ | CHES | т        | ABS   | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE    |       | SET 1   |          | SET        | 2    | SET      | 3     | SET 4       | S         | ET 5          |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         | <b>!</b> |            |      | <u> </u> |       |             | <b>.</b>  |               |
| CALORIES |          |       | DIFFICU | LTY      |            |      |          | AN    | ERGY        | 000       |               |
|          | NOTES    |       |         |          |            |      |          | NU    | TRITION     |           |               |
|          |          |       |         |          |            |      |          |       |             |           | TAMIN<br>UGAR |
|          |          |       |         |          |            |      | DAIRY    |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             | FISH      | FATS<br>,MEAT |
|          |          |       |         |          |            |      |          |       | VFG         | ETABLE, F | GRAIN         |
|          |          |       |         |          |            |      |          |       | VEG         |           | VATER         |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s   | Su         |      | WEIGH    | Т:    |             |           |               |
|----------|----------|-------|---------|----------|------------|------|----------|-------|-------------|-----------|---------------|
| GOAL:    |          |       |         |          |            | I    | MOOD:    |       |             |           |               |
|          | CARDI    | 0     |         |          |            |      | F        | LEXIE | BILITY/C    | LASS      |               |
| EXERC    | ISE      | DIS   | TANCE   | Т        | IME        |      | EXER     |       |             | TIME      |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS      | $\bigcirc$ | CHES | т        | ABS   | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE    |       | SET 1   |          | SET        | 2    | SET      | 3     | SET 4       | S         | ET 5          |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         | <b>!</b> |            |      | <u> </u> |       |             | <b>.</b>  |               |
| CALORIES |          |       | DIFFICU | LTY      |            |      |          | AN    | ERGY        | 000       |               |
|          | NOTES    |       |         |          |            |      |          | NU    | TRITION     |           |               |
|          |          |       |         |          |            |      |          |       |             |           | TAMIN<br>UGAR |
|          |          |       |         |          |            |      | DAIRY    |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             | FISH      | FATS<br>,MEAT |
|          |          |       |         |          |            |      |          |       | VFG         | ETABLE, F | GRAIN         |
|          |          |       |         |          |            |      |          |       | VEG         |           | VATER         |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |

| DATE:         | Mo Tu We | ) (Th) (Fr) ( |      | V            | WEIGH <sup>-</sup> | Г:    |                 |         |       |                    |
|---------------|----------|---------------|------|--------------|--------------------|-------|-----------------|---------|-------|--------------------|
| GOAL:         |          |               |      |              | N                  | MOOD: |                 |         |       |                    |
| C             | ARDIO    |               |      |              |                    | F     | IFXIB           | BILITY/ | CI A: | SS                 |
| EXERCISE      |          | STANCE        | TII  | ME           |                    | EXER  |                 |         |       | IME                |
| EXERCISE      | Dis      | TANCE         | '''  | IVIE         |                    | EXER  | CISE            |         |       | IIVIE              |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
| STRENGTH O SH | OULDRES  | O ARM         | /IS  | $\bigcirc$ ( | CHEST              | r (   | ABS             | () F    | IIPS  | C LEGS             |
| EXERCISE      |          | SET 1         |      | SET          | 2                  | SET   | 3               | SET 4   | 4     | SET 5              |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
| CALORIES      |          | DIFFICU       | ILTY | 00           |                    |       | AN              | ERGY    |       | 0000               |
|               |          |               |      |              |                    |       |                 |         |       |                    |
| NO            | TES      |               |      |              |                    |       | NU <sup>.</sup> | TRITION | ı     |                    |
|               |          |               |      |              |                    |       |                 |         |       | VITAMIN<br>SUGAR   |
|               |          |               |      |              |                    |       |                 |         | DAIRY |                    |
|               |          |               |      |              |                    |       |                 | FATS    |       |                    |
|               |          |               |      | -            |                    |       |                 |         |       | FISH,MEAT<br>GRAIN |
|               |          |               |      |              |                    |       |                 | VE      | GETA  | BLE, FRUITS        |
|               |          |               |      |              |                    |       |                 |         | WATER |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |
|               |          |               |      |              |                    |       |                 |         |       |                    |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH | Т:    |        |            |                      |
|----------|----------|-------|---------|--------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |        |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE    | Г 3   | SET    | 4          | SET 5                |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV  | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |        |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |        |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |        |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |       |       | DAIRY  |            |                      |
|          |          |       |         |        |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |        |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |        |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH | Т:    |        |            |                      |
|----------|----------|-------|---------|--------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |        |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE    | Г 3   | SET    | 4          | SET 5                |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV  | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |        |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |        |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |        |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |       |       | DAIRY  |            |                      |
|          |          |       |         |        |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |        |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |        |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH | Т:    |        |            |                      |
|----------|----------|-------|---------|--------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |        |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE    | Г 3   | SET    | 4          | SET 5                |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV  | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |        |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |        |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |        |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |       |       | DAIRY  |            |                      |
|          |          |       |         |        |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |        |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |        |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH | Т:    |        |            |                      |
|----------|----------|-------|---------|--------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |        |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE    | Г 3   | SET    | 4          | SET 5                |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV  | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |        |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |        |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |        |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |       |       | DAIRY  |            |                      |
|          |          |       |         |        |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |        |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |        |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH | Т:    |        |            |                      |
|----------|----------|-------|---------|--------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |        |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE    | Г 3   | SET    | 4          | SET 5                |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV  | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |        |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |        |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |        |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |       |       | DAIRY  |            |                      |
|          |          |       |         |        |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |        |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |        |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |
|          |          |       |         |        |            |      |       |       |        |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s   | Su         |      | WEIGH    | Т:    |             |           |               |
|----------|----------|-------|---------|----------|------------|------|----------|-------|-------------|-----------|---------------|
| GOAL:    |          |       |         |          |            | I    | MOOD:    |       |             |           |               |
|          | CARDI    | 0     |         |          |            |      | F        | LEXIE | BILITY/C    | LASS      |               |
| EXERC    | ISE      | DIS   | TANCE   | Т        | IME        |      | EXER     |       |             | TIME      |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS      | $\bigcirc$ | CHES | т        | ABS   | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE    |       | SET 1   |          | SET        | 2    | SET      | 3     | SET 4       | S         | ET 5          |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         | <b>!</b> |            |      | <u> </u> |       |             | <b>.</b>  |               |
| CALORIES |          |       | DIFFICU | LTY      |            |      |          | AN    | ERGY        | 000       |               |
|          | NOTES    |       |         |          |            |      |          | NU    | TRITION     |           |               |
|          |          |       |         |          |            |      |          |       |             |           | TAMIN<br>UGAR |
|          |          |       |         |          |            |      | DAIRY    |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             | FISH      | FATS<br>,MEAT |
|          |          |       |         |          |            |      |          |       | VFG         | ETABLE, F | GRAIN         |
|          |          |       |         |          |            |      |          |       | VEG         |           | VATER         |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s   | Su         |      | WEIGH    | Т:    |             |           |               |
|----------|----------|-------|---------|----------|------------|------|----------|-------|-------------|-----------|---------------|
| GOAL:    |          |       |         |          |            | I    | MOOD:    |       |             |           |               |
|          | CARDI    | 0     |         |          |            |      | F        | LEXIE | BILITY/C    | LASS      |               |
| EXERC    | ISE      | DIS   | TANCE   | Т        | IME        |      | EXER     |       |             | TIME      |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS      | $\bigcirc$ | CHES | т        | ABS   | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE    |       | SET 1   |          | SET        | 2    | SET      | 3     | SET 4       | S         | ET 5          |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         | <b>!</b> |            |      | <u> </u> |       |             | <b>.</b>  |               |
| CALORIES |          |       | DIFFICU | LTY      |            |      |          | AN    | ERGY        | 000       |               |
|          | NOTES    |       |         |          |            |      |          | NU    | TRITION     |           |               |
|          |          |       |         |          |            |      |          |       |             |           | TAMIN<br>UGAR |
|          |          |       |         |          |            |      | DAIRY    |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             | FISH      | FATS<br>,MEAT |
|          |          |       |         |          |            |      |          |       | VFG         | ETABLE, F | GRAIN         |
|          |          |       |         |          |            |      |          |       | VEG         |           | VATER         |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s   | Su         |      | WEIGH    | Т:    |             |           |               |
|----------|----------|-------|---------|----------|------------|------|----------|-------|-------------|-----------|---------------|
| GOAL:    |          |       |         |          |            | I    | MOOD:    |       |             |           |               |
|          | CARDI    | 0     |         |          |            |      | F        | LEXIE | BILITY/C    | LASS      |               |
| EXERC    | ISE      | DIS   | TANCE   | Т        | IME        |      | EXER     |       |             | TIME      |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS      | $\bigcirc$ | CHES | т        | ABS   | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE    |       | SET 1   |          | SET        | 2    | SET      | 3     | SET 4       | S         | ET 5          |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         | <b>!</b> |            |      | <u> </u> |       |             | <b>.</b>  |               |
| CALORIES |          |       | DIFFICU | LTY      |            |      |          | AN    | ERGY        | 000       |               |
|          | NOTES    |       |         |          |            |      |          | NU    | TRITION     |           |               |
|          |          |       |         |          |            |      |          |       |             |           | TAMIN<br>UGAR |
|          |          |       |         |          |            |      | DAIRY    |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             | FISH      | FATS<br>,MEAT |
|          |          |       |         |          |            |      |          |       | VFG         | ETABLE, F | GRAIN         |
|          |          |       |         |          |            |      |          |       | VEG         |           | VATER         |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s   | Su         |      | WEIGH    | Т:    |             |           |               |
|----------|----------|-------|---------|----------|------------|------|----------|-------|-------------|-----------|---------------|
| GOAL:    |          |       |         |          |            | I    | MOOD:    |       |             |           |               |
|          | CARDI    | 0     |         |          |            |      | F        | LEXIE | BILITY/C    | LASS      |               |
| EXERC    | ISE      | DIS   | TANCE   | Т        | IME        |      | EXER     |       |             | TIME      |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS      | $\bigcirc$ | CHES | т        | ABS   | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE    |       | SET 1   |          | SET        | 2    | SET      | 3     | SET 4       | S         | ET 5          |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         | <b>!</b> |            |      | <u> </u> |       |             | <b>.</b>  |               |
| CALORIES |          |       | DIFFICU | LTY      |            |      |          | AN    | ERGY        | 000       |               |
|          | NOTES    |       |         |          |            |      |          | NU    | TRITION     |           |               |
|          |          |       |         |          |            |      |          |       |             |           | TAMIN<br>UGAR |
|          |          |       |         |          |            |      | DAIRY    |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             | FISH      | FATS<br>,MEAT |
|          |          |       |         |          |            |      |          |       | VFG         | ETABLE, F | GRAIN         |
|          |          |       |         |          |            |      |          |       | VEG         |           | VATER         |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |
|          |          |       |         |          |            |      |          |       |             |           |               |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Su       |            | WEIGH | Т:       |               |             |           |               |
|----------|----------|-------|---------|----------|------------|-------|----------|---------------|-------------|-----------|---------------|
| GOAL:    |          |       |         |          |            | I     | MOOD:    |               |             |           |               |
|          | CARDI    | 0     |         |          |            |       | F        | LEXIE         | BILITY/C    | LASS      |               |
| EXERC    | ISE      | DIS   | TANCE   | Т        | IME        |       | EXER     |               |             | TIME      |               |
|          |          |       |         |          |            |       |          |               |             |           |               |
|          |          |       |         |          |            |       |          |               |             |           |               |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS      | $\bigcirc$ | CHES  | т        | ABS           | <u></u> НІІ | Ps 🔘      | LEGS          |
| EXE      | RCISE    |       | SET 1   |          | SET        | 2     | SET      | 3             | SET 4       | S         | ET 5          |
|          |          |       |         |          |            |       |          |               |             |           |               |
|          |          |       |         |          |            |       |          |               |             |           |               |
|          |          |       |         |          |            |       |          |               |             |           |               |
|          |          |       |         |          |            |       |          |               |             |           |               |
|          |          |       |         |          |            |       |          |               |             |           |               |
|          |          |       |         |          |            |       |          |               |             |           |               |
|          |          |       |         |          |            |       |          |               |             |           |               |
|          |          |       |         | <b>!</b> |            |       | <u> </u> |               |             | <b>.</b>  |               |
| CALORIES |          |       | DIFFICU | LTY      |            |       |          | AN            | ERGY        | 000       |               |
|          | NOTES    |       |         |          |            |       |          | NU            | TRITION     |           |               |
|          |          |       |         |          |            |       |          |               |             |           | TAMIN<br>UGAR |
|          |          |       |         |          |            |       |          | DAIRY         |             |           |               |
|          |          |       |         |          |            |       | FISH     | FATS<br>,MEAT |             |           |               |
|          |          |       |         |          |            |       |          |               | VFG         | ETABLE, F | GRAIN         |
|          |          |       |         |          |            | VEG   |          | VATER         |             |           |               |
|          |          |       |         |          |            |       |          |               |             |           |               |
|          |          |       |         |          |            |       |          |               |             |           |               |
|          |          |       |         |          |            |       |          |               |             |           |               |

| DATE:         | Mo Tu We | ) (Th) (Fr) ( |      | V            | WEIGH <sup>-</sup> | Г:    |                 |         |                    |                  |
|---------------|----------|---------------|------|--------------|--------------------|-------|-----------------|---------|--------------------|------------------|
| GOAL:         |          |               |      |              | N                  | MOOD: |                 |         |                    |                  |
| C             | ARDIO    |               |      |              |                    | F     | IFXIB           | BILITY/ | CI A:              | SS               |
| EXERCISE      |          | STANCE        | TII  | ME           |                    | EXER  |                 |         |                    | IME              |
| EXERCISE      | Dis      | TANCE         | '''  | IVIE         |                    | EXER  | CISE            |         |                    | IIVIE            |
|               |          |               |      |              |                    |       |                 |         |                    |                  |
|               |          |               |      |              |                    |       |                 |         |                    |                  |
| STRENGTH O SH | OULDRES  | O ARM         | /IS  | $\bigcirc$ ( | CHEST              | r (   | ABS             | () F    | IIPS               | C LEGS           |
| EXERCISE      |          | SET 1         |      | SET          | 2                  | SET   | 3               | SET 4   | 4                  | SET 5            |
|               |          |               |      |              |                    |       |                 |         |                    |                  |
|               |          |               |      |              |                    |       |                 |         |                    |                  |
|               |          |               |      |              |                    |       |                 |         |                    |                  |
|               |          |               |      |              |                    |       |                 |         |                    |                  |
|               |          |               |      |              |                    |       |                 |         |                    |                  |
|               |          |               |      |              |                    |       |                 |         |                    |                  |
|               |          |               |      |              |                    |       |                 |         |                    |                  |
|               |          |               |      |              |                    |       |                 |         |                    |                  |
|               |          |               |      |              |                    |       |                 |         |                    |                  |
| CALORIES      |          | DIFFICU       | ILTY | 00           |                    |       | AN              | ERGY    |                    | 0000             |
|               |          |               |      |              |                    |       |                 |         |                    |                  |
| NO            | TES      |               |      |              |                    |       | NU <sup>.</sup> | TRITION | ı                  |                  |
|               |          |               |      |              |                    |       |                 |         |                    | VITAMIN<br>SUGAR |
|               |          |               |      |              |                    |       |                 |         |                    | DAIRY            |
|               |          |               |      |              |                    |       |                 |         | FATS               |                  |
|               |          |               | -    |              |                    |       |                 |         | FISH,MEAT<br>GRAIN |                  |
|               |          |               |      |              |                    |       |                 |         | GETA               | BLE, FRUITS      |
|               |          |               |      |              |                    |       |                 |         |                    | WATER            |
|               |          |               |      |              |                    |       |                 |         |                    |                  |
|               |          |               |      |              |                    |       |                 |         |                    |                  |
|               |          |               |      |              |                    |       |                 |         |                    |                  |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Su    | WEIGHT:    |      |       |       |        |            |                      |
|----------|----------|-------|---------|-------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |       |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |       |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т     | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS   | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |       | SET        | 2    | SE    | Г 3   | SET    | 4          | SET 5                |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |       |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |       |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |       |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |       |            |      |       |       |        |            | DAIRY                |
|          |          |       |         |       |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |       |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |       |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Su    | WEIGHT:    |      |       |       |        |            |                      |
|----------|----------|-------|---------|-------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |       |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |       |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т     | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS   | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |       | SET        | 2    | SE    | Г3    | SET    | 4          | SET 5                |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |       |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |       |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |       |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |       |            |      |       |       |        |            | DAIRY                |
|          |          |       |         |       |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |       |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |       |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Su    | WEIGHT:    |      |       |       |        |            |                      |
|----------|----------|-------|---------|-------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |       |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |       |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т     | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS   | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |       | SET        | 2    | SE    | Г3    | SET    | 4          | SET 5                |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |       |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |       |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |       |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |       |            |      |       |       |        |            | DAIRY                |
|          |          |       |         |       |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |       |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |       |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Su    | WEIGHT:    |      |       |       |        |            |                      |
|----------|----------|-------|---------|-------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |       |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |       |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т     | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS   | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |       | SET        | 2    | SE    | Г3    | SET    | 4          | SET 5                |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |       |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |       |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |       |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |       |            |      |       |       |        |            | DAIRY                |
|          |          |       |         |       |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |       |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |       |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Su    | WEIGHT:    |      |       |       |        |            |                      |
|----------|----------|-------|---------|-------|------------|------|-------|-------|--------|------------|----------------------|
| GOAL:    |          |       |         |       |            |      | MOOD: |       |        |            |                      |
|          | CARDI    | 0     |         |       |            |      | F     | LEXIE | BILITY | /CLA       | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т     | IME        |      | EXER  |       |        |            | TIME                 |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS   | $\bigcirc$ | CHES | т (   | ABS   | 0      | HIPS       | C LEGS               |
| EXE      | RCISE    |       | SET 1   |       | SET        | 2    | SE    | Г3    | SET    | 4          | SET 5                |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
| CALORIES |          |       | DIFFICU | II TV | 00         |      |       | ΔΝ    | ERGY   | $\bigcirc$ | 0000                 |
| CALORILS |          |       | Dirrico |       |            |      |       | AN    | LKG1   |            |                      |
|          | NOTES    |       |         |       |            |      |       | NU    | TRITIO | N          |                      |
|          |          |       |         |       |            |      |       |       |        |            | VITAMIN<br>SUGAR     |
|          |          |       |         |       |            |      |       |       |        |            | DAIRY                |
|          |          |       |         |       |            |      |       |       |        |            | FATS<br>FISH,MEAT    |
|          |          |       |         |       |            |      |       |       |        |            | GRAIN                |
|          |          |       |         |       |            |      |       |       | V      | EGETA      | BLE, FRUITS<br>WATER |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |
|          |          |       |         |       |            |      |       |       |        |            |                      |

| DATE:    | (Mo)     | Tu We | Th Fr   | su   |              | WEIGH | т:    |                 |             |         |                    |
|----------|----------|-------|---------|------|--------------|-------|-------|-----------------|-------------|---------|--------------------|
| GOAL:    |          |       |         |      |              | ľ     | MOOD: |                 |             |         |                    |
|          | CARDI    | 0     |         |      |              |       | F     | IFXIE           | BILITY      | CLA     | SS                 |
| EXERC    |          |       | TANCE   | т    | IME          |       | EXER  |                 |             |         | IME                |
| EXERC    | ,13L     | D13   | TANCE   | •    | IIVIL        |       | LXLK  | CISL            |             |         | IIVIL              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
| STRENGTH | O SHOULD | RES   | O ARM   | /IS  | $\bigcirc$ ( | CHES  | т 🔾   | ABS             | $\bigcirc$  | HIPS    | C LEGS             |
| EXE      | RCISE    |       | SET 1   |      | SE1          | Γ2    | SE    | Г 3             | SET         | 4       | SET 5              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
| CALORIES |          |       | DIFFICU | ILTY |              |       |       | AN              | ERGY        | $\circ$ | 0000               |
|          | NOTES    |       |         |      |              |       |       | NU <sup>.</sup> | TRITIO      | N       |                    |
|          |          |       |         |      |              |       |       |                 |             |         | VITAMIN            |
|          |          |       |         |      |              |       |       |                 |             |         | SUGAR<br>DAIRY     |
|          |          |       |         |      |              |       |       |                 | FATS        |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         | FISH,MEAT<br>GRAIN |
|          |          |       |         |      |              |       | V     | EGETA           | BLE, FRUITS |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         | WATER              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |

| DATE:    | (Mo)     | Tu We | Th Fr   | su   |              | WEIGH | т:    |                 |             |         |                    |
|----------|----------|-------|---------|------|--------------|-------|-------|-----------------|-------------|---------|--------------------|
| GOAL:    |          |       |         |      |              | ľ     | MOOD: |                 |             |         |                    |
|          | CARDI    | 0     |         |      |              |       | F     | IFXIE           | BILITY      | CLA     | SS                 |
| EXERC    |          |       | TANCE   | т    | IME          |       | EXER  |                 |             |         | IME                |
| EXERC    | ,13L     | D13   | TANCE   | •    | IIVIL        |       | LXLK  | CISL            |             |         | IIVIL              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
| STRENGTH | O SHOULD | RES   | O ARM   | /IS  | $\bigcirc$ ( | CHES  | т 🔾   | ABS             | $\bigcirc$  | HIPS    | C LEGS             |
| EXE      | RCISE    |       | SET 1   |      | SE1          | Γ2    | SE    | Г 3             | SET         | 4       | SET 5              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
| CALORIES |          |       | DIFFICU | ILTY |              |       |       | AN              | ERGY        | $\circ$ | 0000               |
|          | NOTES    |       |         |      |              |       |       | NU <sup>.</sup> | TRITIO      | N       |                    |
|          |          |       |         |      |              |       |       |                 |             |         | VITAMIN            |
|          |          |       |         |      |              |       |       |                 |             |         | SUGAR<br>DAIRY     |
|          |          |       |         |      |              |       |       |                 | FATS        |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         | FISH,MEAT<br>GRAIN |
|          |          |       |         |      |              |       | V     | EGETA           | BLE, FRUITS |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         | WATER              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |

| DATE:    | (Mo)     | Tu We | Th Fr   | su   |              | WEIGH | т:    |                 |             |         |                    |
|----------|----------|-------|---------|------|--------------|-------|-------|-----------------|-------------|---------|--------------------|
| GOAL:    |          |       |         |      |              | ľ     | MOOD: |                 |             |         |                    |
|          | CARDI    | 0     |         |      |              |       | F     | IFXIE           | BILITY      | CLA     | SS                 |
| EXERC    |          |       | TANCE   | т    | IME          |       | EXER  |                 |             |         | IME                |
| EXERC    | ,13L     | D13   | TANCE   | •    | IIVIL        |       | LXLK  | CISL            |             |         | IIVIL              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
| STRENGTH | O SHOULD | RES   | O ARM   | /IS  | $\bigcirc$ ( | CHES  | т 🔾   | ABS             | $\bigcirc$  | HIPS    | C LEGS             |
| EXE      | RCISE    |       | SET 1   |      | SE1          | Γ2    | SE    | Г 3             | SET         | 4       | SET 5              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
| CALORIES |          |       | DIFFICU | ILTY |              |       |       | AN              | ERGY        | $\circ$ | 0000               |
|          | NOTES    |       |         |      |              |       |       | NU <sup>.</sup> | TRITIO      | N       |                    |
|          |          |       |         |      |              |       |       |                 |             |         | VITAMIN            |
|          |          |       |         |      |              |       |       |                 |             |         | SUGAR<br>DAIRY     |
|          |          |       |         |      |              |       |       |                 | FATS        |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         | FISH,MEAT<br>GRAIN |
|          |          |       |         |      |              |       | V     | EGETA           | BLE, FRUITS |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         | WATER              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |

| DATE:    | (Mo)     | Tu We | Th Fr   | su   |              | WEIGH | т:    |                 |             |         |                    |
|----------|----------|-------|---------|------|--------------|-------|-------|-----------------|-------------|---------|--------------------|
| GOAL:    |          |       |         |      |              | ľ     | MOOD: |                 |             |         |                    |
|          | CARDI    | 0     |         |      |              |       | F     | IFXIE           | BILITY      | CLA     | SS                 |
| EXERC    |          |       | TANCE   | т    | IME          |       | EXER  |                 |             |         | IME                |
| EXERC    | ,13L     | D13   | TANCE   | •    | IIVIL        |       | LXLK  | CISL            |             |         | IIVIL              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
| STRENGTH | O SHOULD | RES   | O ARM   | /IS  | $\bigcirc$ ( | CHES  | т 🔾   | ABS             | $\bigcirc$  | HIPS    | C LEGS             |
| EXE      | RCISE    |       | SET 1   |      | SE1          | Γ2    | SE    | Г 3             | SET         | 4       | SET 5              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
| CALORIES |          |       | DIFFICU | ILTY |              |       |       | AN              | ERGY        | $\circ$ | 0000               |
|          | NOTES    |       |         |      |              |       |       | NU <sup>.</sup> | TRITIO      | N       |                    |
|          |          |       |         |      |              |       |       |                 |             |         | VITAMIN            |
|          |          |       |         |      |              |       |       |                 |             |         | SUGAR<br>DAIRY     |
|          |          |       |         |      |              |       |       |                 | FATS        |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         | FISH,MEAT<br>GRAIN |
|          |          |       |         |      |              |       | V     | EGETA           | BLE, FRUITS |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         | WATER              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |

| DATE:    | (Mo)     | Tu We | Th Fr   | su   |              | WEIGH | т:    |                 |             |         |                    |
|----------|----------|-------|---------|------|--------------|-------|-------|-----------------|-------------|---------|--------------------|
| GOAL:    |          |       |         |      |              | ľ     | MOOD: |                 |             |         |                    |
|          | CARDI    | 0     |         |      |              |       | F     | IFXIE           | BILITY      | CLA     | SS                 |
| EXERC    |          |       | TANCE   | т    | IME          |       | EXER  |                 |             |         | IME                |
| EXERC    | ,13L     | D13   | TANCE   | •    | IIVIL        |       | LXLK  | CISL            |             |         | IIVIL              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
| STRENGTH | O SHOULD | RES   | O ARM   | /IS  | $\bigcirc$ ( | CHES  | т 🔾   | ABS             | $\bigcirc$  | HIPS    | C LEGS             |
| EXE      | RCISE    |       | SET 1   |      | SE1          | Γ2    | SE    | Г 3             | SET         | 4       | SET 5              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
| CALORIES |          |       | DIFFICU | ILTY |              |       |       | AN              | ERGY        | $\circ$ | 0000               |
|          | NOTES    |       |         |      |              |       |       | NU <sup>.</sup> | TRITIO      | N       |                    |
|          |          |       |         |      |              |       |       |                 |             |         | VITAMIN            |
|          |          |       |         |      |              |       |       |                 |             |         | SUGAR<br>DAIRY     |
|          |          |       |         |      |              |       |       |                 | FATS        |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         | FISH,MEAT<br>GRAIN |
|          |          |       |         |      |              |       | V     | EGETA           | BLE, FRUITS |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         | WATER              |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |
|          |          |       |         |      |              |       |       |                 |             |         |                    |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH <sup>.</sup> | Т:    |          |                        |
|----------|----------|-------|---------|--------|------------|------|--------------------|-------|----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:              |       |          |                        |
|          | CARDI    | 0     |         |        |            |      | F                  | LEXIE | BILITY/C | LASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER               |       |          | TIME                   |
|          |          |       |         |        |            |      |                    |       |          |                        |
|          |          |       |         |        |            |      |                    |       |          |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (                | ABS   | ) HIF    | PS C LEGS              |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1                | 3     | SET 4    | SET 5                  |
|          |          |       |         |        |            |      |                    |       |          |                        |
|          |          |       |         |        |            |      |                    |       |          |                        |
|          |          |       |         |        |            |      |                    |       |          |                        |
|          |          |       |         |        |            |      |                    |       |          |                        |
|          |          |       |         |        |            |      |                    |       |          |                        |
|          |          |       |         |        |            |      |                    |       |          |                        |
|          |          |       |         |        |            |      |                    |       |          |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |                    | AN    | ERGY     | 00000                  |
|          | NOTES    |       |         |        |            |      |                    | NU    | TRITION  |                        |
|          |          |       |         |        |            |      |                    |       |          | VITAMIN                |
|          |          |       |         |        |            |      |                    |       |          | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      | FATS<br>FISH,MEAT  |       |          |                        |
|          |          |       |         |        |            |      |                    |       | VEGE     | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      |                    |       | V E G E  | WATER                  |
|          |          |       |         |        |            |      |                    |       |          |                        |
|          |          |       |         |        |            |      |                    |       |          |                        |
|          |          |       |         |        |            |      |                    |       |          |                        |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         | •    | WEIGH             | Т:    |          |          |                      |
|----------|----------|-------|---------|--------|------------|------|-------------------|-------|----------|----------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:             |       |          |          |                      |
|          | CARDI    | 0     |         |        |            |      | F                 | LEXIE | BILITY/  | CLA      | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER              |       |          |          | IME                  |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (               | ABS   | <u> </u> | HIPS     | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SET               | Г3    | SET      | 4        | SET 5                |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         | 1      |            |      | <u>'</u>          |       |          | -        |                      |
| CALORIES |          |       | DIFFICU | ILTY   |            |      |                   | AN    | ERGY     | <u> </u> | 0000                 |
|          | NOTES    |       |         |        |            |      |                   | NU    | TRITIOI  | N        |                      |
|          |          |       |         |        |            |      |                   |       |          |          | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |                   |       |          |          | DAIRY                |
|          |          |       |         |        |            |      | FATS<br>FISH,MEAT |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       | \ / !    | TOET A   | GRAIN                |
|          |          |       |         |        |            |      |                   |       | VI       | EGETA    | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         | •    | WEIGH             | Т:    |          |          |                      |
|----------|----------|-------|---------|--------|------------|------|-------------------|-------|----------|----------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:             |       |          |          |                      |
|          | CARDI    | 0     |         |        |            |      | F                 | LEXIE | BILITY/  | CLA      | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER              |       |          |          | IME                  |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (               | ABS   | <u> </u> | HIPS     | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SET               | Г3    | SET      | 4        | SET 5                |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         | 1      |            |      | <u>'</u>          |       |          | -        |                      |
| CALORIES |          |       | DIFFICU | ILTY   |            |      |                   | AN    | ERGY     | <u> </u> | 0000                 |
|          | NOTES    |       |         |        |            |      |                   | NU    | TRITIOI  | N        |                      |
|          |          |       |         |        |            |      |                   |       |          |          | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |                   |       |          |          | DAIRY                |
|          |          |       |         |        |            |      | FATS<br>FISH,MEAT |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       | \ / !    | TOET A   | GRAIN                |
|          |          |       |         |        |            |      |                   |       | VI       | EGETA    | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         | •    | WEIGH             | Т:    |          |          |                      |
|----------|----------|-------|---------|--------|------------|------|-------------------|-------|----------|----------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:             |       |          |          |                      |
|          | CARDI    | 0     |         |        |            |      | F                 | LEXIE | BILITY/  | CLA      | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER              |       |          |          | IME                  |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (               | ABS   | <u> </u> | HIPS     | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SET               | Г3    | SET      | 4        | SET 5                |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         | 1      |            |      | <u>'</u>          |       |          | -        |                      |
| CALORIES |          |       | DIFFICU | ILTY   |            |      |                   | AN    | ERGY     | <u> </u> | 0000                 |
|          | NOTES    |       |         |        |            |      |                   | NU    | TRITIOI  | N        |                      |
|          |          |       |         |        |            |      |                   |       |          |          | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |                   |       |          |          | DAIRY                |
|          |          |       |         |        |            |      | FATS<br>FISH,MEAT |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       | \ / !    | TOET A   | GRAIN                |
|          |          |       |         |        |            |      |                   |       | VI       | EGETA    | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         | •    | WEIGH             | Т:    |          |          |                      |
|----------|----------|-------|---------|--------|------------|------|-------------------|-------|----------|----------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:             |       |          |          |                      |
|          | CARDI    | 0     |         |        |            |      | F                 | LEXIE | BILITY/  | CLA      | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER              |       |          |          | IME                  |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (               | ABS   | <u> </u> | HIPS     | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SET               | Г3    | SET      | 4        | SET 5                |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         | 1      |            |      | ·<br>             |       |          | -        |                      |
| CALORIES |          |       | DIFFICU | ILTY   |            |      |                   | AN    | ERGY     | <u> </u> | 0000                 |
|          | NOTES    |       |         |        |            |      |                   | NU    | TRITIOI  | N        |                      |
|          |          |       |         |        |            |      |                   |       |          |          | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |                   |       |          |          | DAIRY                |
|          |          |       |         |        |            |      | FATS<br>FISH,MEAT |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       | \ / !    | TOET A   | GRAIN                |
|          |          |       |         |        |            |      |                   |       | VI       | EGETA    | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         | •    | WEIGH             | Т:    |          |          |                      |
|----------|----------|-------|---------|--------|------------|------|-------------------|-------|----------|----------|----------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:             |       |          |          |                      |
|          | CARDI    | 0     |         |        |            |      | F                 | LEXIE | BILITY/  | CLA      | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER              |       |          |          | IME                  |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (               | ABS   | <u> </u> | HIPS     | C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SET               | Г3    | SET      | 4        | SET 5                |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         | 1      |            |      | <u>'</u>          |       |          | -        |                      |
| CALORIES |          |       | DIFFICU | ILTY   |            |      |                   | AN    | ERGY     | <u> </u> | 0000                 |
|          | NOTES    |       |         |        |            |      |                   | NU    | TRITIOI  | N        |                      |
|          |          |       |         |        |            |      |                   |       |          |          | VITAMIN<br>SUGAR     |
|          |          |       |         |        |            |      |                   |       |          |          | DAIRY                |
|          |          |       |         |        |            |      | FATS<br>FISH,MEAT |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       | \ / !    | TOET A   | GRAIN                |
|          |          |       |         |        |            |      |                   |       | VI       | EGETA    | BLE, FRUITS<br>WATER |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |
|          |          |       |         |        |            |      |                   |       |          |          |                      |

| DATE:    | (Mo) (1  | Su  | V       | WEIGH | т:                 |      |                   |       |         |        |                      |
|----------|----------|-----|---------|-------|--------------------|------|-------------------|-------|---------|--------|----------------------|
| GOAL:    |          |     |         |       |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |       |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | T     | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS   | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |       | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      | ·                 |       |         |        |                      |
| CALORIES |          |     | DIFFICU | ILTY  | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |       |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |       | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |       |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |       |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |       |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |

| DATE:    | (Mo) (1  | Su  | V       | WEIGH | т:                 |      |                   |       |         |        |                      |
|----------|----------|-----|---------|-------|--------------------|------|-------------------|-------|---------|--------|----------------------|
| GOAL:    |          |     |         |       |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |       |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | T     | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS   | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |       | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      | ·                 |       |         |        |                      |
| CALORIES |          |     | DIFFICU | ILTY  | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |       |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |       | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |       |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |       |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |       |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |

| DATE:    | (Mo) (1  | Su  | V       | WEIGH | т:                 |      |                   |       |         |        |                      |
|----------|----------|-----|---------|-------|--------------------|------|-------------------|-------|---------|--------|----------------------|
| GOAL:    |          |     |         |       |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |       |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | T     | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS   | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |       | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      | ·                 |       |         |        |                      |
| CALORIES |          |     | DIFFICU | ILTY  | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |       |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |       | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |       |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |       |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |       |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |

| DATE:    | (Mo) (1  | Su  | V       | WEIGH | т:                 |      |                   |       |         |        |                      |
|----------|----------|-----|---------|-------|--------------------|------|-------------------|-------|---------|--------|----------------------|
| GOAL:    |          |     |         |       |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |       |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | T     | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS   | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |       | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      | ·                 |       |         |        |                      |
| CALORIES |          |     | DIFFICU | ILTY  | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |       |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |       | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |       |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |       |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |       |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |

| DATE:    | (Mo) (1  | Su  | V       | WEIGH | т:                 |      |                   |       |         |        |                      |
|----------|----------|-----|---------|-------|--------------------|------|-------------------|-------|---------|--------|----------------------|
| GOAL:    |          |     |         |       |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |       |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | T     | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS   | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |       | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      | ·                 |       |         |        |                      |
| CALORIES |          |     | DIFFICU | ILTY  | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |       |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |       | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |       |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |       |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |       |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |
|          |          |     |         |       |                    |      |                   |       |         |        |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s  | Su         | WEIGHT: |                   |       |          |       |                      |
|----------|----------|-------|---------|---------|------------|---------|-------------------|-------|----------|-------|----------------------|
| GOAL:    |          |       |         |         |            |         | MOOD:             |       |          |       |                      |
|          | CARDI    | 0     |         |         |            |         | F                 | LEXIE | BILITY/  | CLA   | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т       | IME        |         | EXER              |       |          |       | IME                  |
|          |          |       |         |         |            |         |                   |       |          |       |                      |
|          |          |       |         |         |            |         |                   |       |          |       |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS     | $\bigcirc$ | CHES    | т (               | ABS   | () H     | HIPS  | C LEGS               |
| EXE      | RCISE    |       | SET 1   |         | SET        | 2       | SET               | Г 3   | SET      | 4     | SET 5                |
|          |          |       |         |         |            |         |                   |       |          |       |                      |
|          |          |       |         |         |            |         |                   |       |          |       |                      |
|          |          |       |         |         |            |         |                   |       |          |       |                      |
|          |          |       |         |         |            |         |                   |       |          |       |                      |
|          |          |       |         |         |            |         |                   |       |          |       |                      |
|          |          |       |         |         |            |         |                   |       |          |       |                      |
|          |          |       |         |         |            |         |                   |       |          |       |                      |
| CALORIES |          |       | DIFFICU | II TV   | 00         |         |                   |       | ERGY     |       | 0000                 |
| CALORIES |          |       | DIFFICO | , L I Y |            |         |                   | AN    | EKGT     |       |                      |
|          | NOTES    |       |         |         |            |         |                   | NU    | TRITION  | ١     |                      |
|          |          |       |         |         |            |         |                   |       |          |       | VITAMIN<br>SUGAR     |
|          |          |       |         |         |            |         |                   |       |          |       | DAIRY                |
|          |          |       |         |         |            |         | FATS<br>FISH,MEAT |       |          |       |                      |
|          |          |       |         |         |            |         |                   |       | <u>.</u> |       | GRAIN                |
|          |          |       |         |         |            |         |                   |       | VE       | :GETA | BLE, FRUITS<br>WATER |
|          |          |       |         |         |            |         |                   |       |          |       |                      |
|          |          |       |         |         |            |         |                   |       |          |       |                      |
|          |          |       |         |         |            |         |                   |       |          |       |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH <sup>.</sup> | Т:    |           |                        |
|----------|----------|-------|---------|--------|------------|------|--------------------|-------|-----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:              |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F                  | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER               |       |           | TIME                   |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (                | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1                | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |                    | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |                    | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |                    |       |           | VITAMIN                |
|          |          |       |         |        |            |      |                    |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |                    |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |                    |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      | VEGE               | WATER |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH <sup>.</sup> | Т:    |           |                        |
|----------|----------|-------|---------|--------|------------|------|--------------------|-------|-----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:              |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F                  | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER               |       |           | TIME                   |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (                | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1                | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |                    | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |                    | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |                    |       |           | VITAMIN                |
|          |          |       |         |        |            |      |                    |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |                    |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |                    |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      | VEGE               | WATER |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH <sup>.</sup> | Т:    |           |                        |
|----------|----------|-------|---------|--------|------------|------|--------------------|-------|-----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:              |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F                  | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER               |       |           | TIME                   |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (                | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1                | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |                    | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |                    | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |                    |       |           | VITAMIN                |
|          |          |       |         |        |            |      |                    |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |                    |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |                    |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      | VEGE               | WATER |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH <sup>.</sup> | Т:    |           |                        |
|----------|----------|-------|---------|--------|------------|------|--------------------|-------|-----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:              |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F                  | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER               |       |           | TIME                   |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (                | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1                | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |                    | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |                    | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |                    |       |           | VITAMIN                |
|          |          |       |         |        |            |      |                    |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |                    |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |                    |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      | VEGE               | WATER |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH. | Т:    |           |                        |
|----------|----------|-------|---------|--------|------------|------|--------|-------|-----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:  |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F      | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER   |       |           | TIME                   |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (    | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1    | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |        | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |        | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |        |       |           | VITAMIN                |
|          |          |       |         |        |            |      |        |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |        |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |        |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      | VEGE   | WATER |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |

| DATE:    | (Mo) (1  | Su  | V       | WEIGH | т:                 |      |                   |       |         |            |                      |
|----------|----------|-----|---------|-------|--------------------|------|-------------------|-------|---------|------------|----------------------|
| GOAL:    |          |     |         |       |                    | ı    | MOOD:             |       |         |            |                      |
|          | CARDI    | 0   |         |       |                    |      | F                 | LEXIE | BILITY  | Y/CLA      | SS                   |
| EXERC    | CISE     | DIS | TANCE   | Т     | IME                |      | EXER              |       |         |            | ГІМЕ                 |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS   | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS C LEG |                      |
| EXE      | RCISE    |     | SET 1   |       | SE1                | 7 2  | SE                | Г 3   | SE      | T 4        | SET 5                |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      | ·                 |       |         |            |                      |
| CALORIES |          |     | DIFFICU | ILTY  | 0(                 |      |                   | AN    | ERGY    |            | 0000                 |
|          | NOTES    |     |         |       |                    |      |                   | NU    | TRITI   | ON         |                      |
|          |          |     |         |       | $\exists \ \vdash$ |      |                   |       |         |            | VITAMIN<br>SUGAR     |
|          |          |     |         |       |                    |      |                   |       |         |            | DAIRY                |
|          |          |     |         |       |                    |      | FATS<br>FISH,MEAT |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         | VEGETA     | GRAIN<br>BLE, FRUITS |
|          |          |     |         |       |                    |      |                   |       |         | 720217     | WATER                |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |

| DATE:    | (Mo) (1  | Su  | V       | WEIGH | т:                 |      |                   |       |         |            |                      |
|----------|----------|-----|---------|-------|--------------------|------|-------------------|-------|---------|------------|----------------------|
| GOAL:    |          |     |         |       |                    | ı    | MOOD:             |       |         |            |                      |
|          | CARDI    | 0   |         |       |                    |      | F                 | LEXIE | BILITY  | Y/CLA      | SS                   |
| EXERC    | CISE     | DIS | TANCE   | Т     | IME                |      | EXER              |       |         |            | ГІМЕ                 |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS   | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS C LEG |                      |
| EXE      | RCISE    |     | SET 1   |       | SE1                | 7 2  | SE                | Г 3   | SE      | T 4        | SET 5                |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      | ·                 |       |         |            |                      |
| CALORIES |          |     | DIFFICU | ILTY  | 0(                 |      |                   | AN    | ERGY    |            | 0000                 |
|          | NOTES    |     |         |       |                    |      |                   | NU    | TRITI   | ON         |                      |
|          |          |     |         |       | $\exists \ \vdash$ |      |                   |       |         |            | VITAMIN<br>SUGAR     |
|          |          |     |         |       |                    |      |                   |       |         |            | DAIRY                |
|          |          |     |         |       |                    |      | FATS<br>FISH,MEAT |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         | VEGETA     | GRAIN<br>BLE, FRUITS |
|          |          |     |         |       |                    |      |                   |       |         | 720217     | WATER                |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |

| DATE:    | (Mo) (1  | Su  | V       | WEIGH | т:                 |      |                   |       |         |            |                      |
|----------|----------|-----|---------|-------|--------------------|------|-------------------|-------|---------|------------|----------------------|
| GOAL:    |          |     |         |       |                    | ı    | MOOD:             |       |         |            |                      |
|          | CARDI    | 0   |         |       |                    |      | F                 | LEXIE | BILITY  | Y/CLA      | SS                   |
| EXERC    | CISE     | DIS | TANCE   | Т     | IME                |      | EXER              |       |         |            | ГІМЕ                 |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS   | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS C LEG |                      |
| EXE      | RCISE    |     | SET 1   |       | SE1                | 7 2  | SE                | Г 3   | SE      | T 4        | SET 5                |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      | ·                 |       |         |            |                      |
| CALORIES |          |     | DIFFICU | ILTY  | 0(                 |      |                   | AN    | ERGY    |            | 0000                 |
|          | NOTES    |     |         |       |                    |      |                   | NU    | TRITI   | ON         |                      |
|          |          |     |         |       | $\exists \ \vdash$ |      |                   |       |         |            | VITAMIN<br>SUGAR     |
|          |          |     |         |       |                    |      |                   |       |         |            | DAIRY                |
|          |          |     |         |       |                    |      | FATS<br>FISH,MEAT |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         | VEGETA     | GRAIN<br>BLE, FRUITS |
|          |          |     |         |       |                    |      |                   |       |         | 720217     | WATER                |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |

| DATE:    | (Mo) (1  | Su  | V       | WEIGH | т:                 |      |                   |       |         |            |                      |
|----------|----------|-----|---------|-------|--------------------|------|-------------------|-------|---------|------------|----------------------|
| GOAL:    |          |     |         |       |                    | ı    | MOOD:             |       |         |            |                      |
|          | CARDI    | 0   |         |       |                    |      | F                 | LEXIE | BILITY  | Y/CLA      | SS                   |
| EXERC    | CISE     | DIS | TANCE   | Т     | IME                |      | EXER              |       |         |            | ГІМЕ                 |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS   | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS C LEG |                      |
| EXE      | RCISE    |     | SET 1   |       | SE1                | 7 2  | SE                | Г 3   | SE      | T 4        | SET 5                |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      | ·                 |       |         |            |                      |
| CALORIES |          |     | DIFFICU | ILTY  | 0(                 |      |                   | AN    | ERGY    |            | 0000                 |
|          | NOTES    |     |         |       |                    |      |                   | NU    | TRITI   | ON         |                      |
|          |          |     |         |       | $\exists \ \vdash$ |      |                   |       |         |            | VITAMIN<br>SUGAR     |
|          |          |     |         |       |                    |      |                   |       |         |            | DAIRY                |
|          |          |     |         |       |                    |      | FATS<br>FISH,MEAT |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         | VEGETA     | GRAIN<br>BLE, FRUITS |
|          |          |     |         |       |                    |      |                   |       |         | 720217     | WATER                |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |

| DATE:    | (Mo) (1  | Su  | V       | WEIGH | т:                 |      |                   |       |         |            |                      |
|----------|----------|-----|---------|-------|--------------------|------|-------------------|-------|---------|------------|----------------------|
| GOAL:    |          |     |         |       |                    | ı    | MOOD:             |       |         |            |                      |
|          | CARDI    | 0   |         |       |                    |      | F                 | LEXIE | BILITY  | Y/CLA      | SS                   |
| EXERC    | CISE     | DIS | TANCE   | T     | IME                |      | EXER              |       |         |            | ГІМЕ                 |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS   | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS C LEG |                      |
| EXE      | RCISE    |     | SET 1   |       | SE1                | 7 2  | SE                | Г 3   | SE      | T 4        | SET 5                |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      | ·                 |       |         |            |                      |
| CALORIES |          |     | DIFFICU | ILTY  | 0(                 |      |                   | AN    | ERGY    |            | 0000                 |
|          | NOTES    |     |         |       |                    |      |                   | NU    | TRITI   | ON         |                      |
|          |          |     |         |       | $\exists \ \vdash$ |      |                   |       |         |            | VITAMIN<br>SUGAR     |
|          |          |     |         |       |                    |      |                   |       |         |            | DAIRY                |
|          |          |     |         |       |                    |      | FATS<br>FISH,MEAT |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         | VEGETA     | GRAIN<br>BLE, FRUITS |
|          |          |     |         |       |                    |      |                   |       |         | 720217     | WATER                |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |
|          |          |     |         |       |                    |      |                   |       |         |            |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s  | Su         | •    | WEIGH | Т:                   |          |      |                   |
|----------|----------|-------|---------|---------|------------|------|-------|----------------------|----------|------|-------------------|
| GOAL:    |          |       |         |         |            |      | MOOD: |                      |          |      |                   |
|          | CARDI    | 0     |         |         |            |      | F     | LEXIE                | BILITY/  | CLA  | SS                |
| EXERC    | ISE      | DIS   | TANCE   | Т       | IME        |      | EXER  |                      |          |      | IME               |
|          |          |       |         |         |            |      |       |                      |          |      |                   |
|          |          |       |         |         |            |      |       |                      |          |      |                   |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS     | $\bigcirc$ | CHES | т (   | ABS                  | () H     | HIPS | C LEGS            |
| EXE      | RCISE    |       | SET 1   |         | SET        | 2    | SET   | Г 3                  | SET      | 4    | SET 5             |
|          |          |       |         |         |            |      |       |                      |          |      |                   |
|          |          |       |         |         |            |      |       |                      |          |      |                   |
|          |          |       |         |         |            |      |       |                      |          |      |                   |
|          |          |       |         |         |            |      |       |                      |          |      |                   |
|          |          |       |         |         |            |      |       |                      |          |      |                   |
|          |          |       |         |         |            |      |       |                      |          |      |                   |
|          |          |       |         |         |            |      |       |                      |          |      |                   |
| CALORIES |          |       | DIFFICU | II TV   | 00         |      |       |                      | ERGY     |      | 0000              |
| CALORIES |          |       | DIFFICO | , L I Y |            |      |       | AN                   | EKGT     |      |                   |
|          | NOTES    |       |         |         |            |      |       | NU                   | TRITION  | ١    |                   |
|          |          |       |         |         |            |      |       |                      |          |      | VITAMIN<br>SUGAR  |
|          |          |       |         |         |            |      |       |                      |          |      | DAIRY             |
|          |          |       |         |         |            |      |       |                      |          |      | FATS<br>FISH,MEAT |
|          |          |       |         |         |            |      |       |                      | <u>.</u> |      | GRAIN             |
|          |          |       |         |         |            | VE   | :GETA | BLE, FRUITS<br>WATER |          |      |                   |
|          |          |       |         |         |            |      |       |                      |          |      |                   |
|          |          |       |         |         |            |      |       |                      |          |      |                   |
|          |          |       |         |         |            |      |       |                      |          |      |                   |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH. | Т:    |           |                        |
|----------|----------|-------|---------|--------|------------|------|--------|-------|-----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:  |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F      | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER   |       |           | TIME                   |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (    | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1    | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |        | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |        | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |        |       |           | VITAMIN                |
|          |          |       |         |        |            |      |        |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |        |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |        |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      | VEGE   | WATER |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
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| DATE:    | (Mo) (   | Th Fr | Sa) (s  | Su   |            | WEIGH. | Т:    |       |           |                        |
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| GOAL:    |          |       |         |      |            |        | MOOD: |       |           |                        |
|          | CARDI    | 0     |         |      |            |        | F     | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т    | IME        |        | EXER  |       |           | TIME                   |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS  | $\bigcirc$ | CHES   | т (   | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |      | SET        | 2      | SE1   | 3     | SET 4     | SET 5                  |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
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|          |          |       |         |      |            |        |       |       |           |                        |
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| CALORIES |          |       | DIFFICU | ILTY | 0(         |        |       | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |      |            |        |       | NU    | TRITION   |                        |
|          |          |       |         |      |            |        |       |       |           | VITAMIN                |
|          |          |       |         |      |            |        |       |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |      |            |        |       |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |      |            |        |       |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |      |            |        | VEGE  | WATER |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
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| DATE:    | (Mo) (   | Th Fr | Sa) (s  | Su   |            | WEIGH. | Т:    |       |           |                        |
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| GOAL:    |          |       |         |      |            |        | MOOD: |       |           |                        |
|          | CARDI    | 0     |         |      |            |        | F     | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т    | IME        |        | EXER  |       |           | TIME                   |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS  | $\bigcirc$ | CHES   | т (   | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |      | SET        | 2      | SE1   | 3     | SET 4     | SET 5                  |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY | 0(         |        |       | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |      |            |        |       | NU    | TRITION   |                        |
|          |          |       |         |      |            |        |       |       |           | VITAMIN                |
|          |          |       |         |      |            |        |       |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |      |            |        |       |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |      |            |        |       |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |      |            |        | VEGE  | WATER |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
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| DATE:    | (Mo) (   | Th Fr | Sa) (s  | Su   |            | WEIGH. | Т:    |       |           |                        |
|----------|----------|-------|---------|------|------------|--------|-------|-------|-----------|------------------------|
| GOAL:    |          |       |         |      |            |        | MOOD: |       |           |                        |
|          | CARDI    | 0     |         |      |            |        | F     | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т    | IME        |        | EXER  |       |           | TIME                   |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS  | $\bigcirc$ | CHES   | т (   | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |      | SET        | 2      | SE1   | 3     | SET 4     | SET 5                  |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY | 0(         |        |       | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |      |            |        |       | NU    | TRITION   |                        |
|          |          |       |         |      |            |        |       |       |           | VITAMIN                |
|          |          |       |         |      |            |        |       |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |      |            |        |       |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |      |            |        |       |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |      |            |        | VEGE  | WATER |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
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| DATE:    | (Mo) (   | Th Fr | Sa) (s  | Su   |            | WEIGH. | Т:    |       |           |                        |
|----------|----------|-------|---------|------|------------|--------|-------|-------|-----------|------------------------|
| GOAL:    |          |       |         |      |            |        | MOOD: |       |           |                        |
|          | CARDI    | 0     |         |      |            |        | F     | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т    | IME        |        | EXER  |       |           | TIME                   |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS  | $\bigcirc$ | CHES   | т (   | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |      | SET        | 2      | SE1   | 3     | SET 4     | SET 5                  |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY | 0(         |        |       | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |      |            |        |       | NU    | TRITION   |                        |
|          |          |       |         |      |            |        |       |       |           | VITAMIN                |
|          |          |       |         |      |            |        |       |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |      |            |        |       |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |      |            |        |       |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |      |            |        | VEGE  | WATER |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
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| DATE:    |          |     |         |      |                    |      |                   | т:    |         |        |                      |
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| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | T    | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      | ·                 |       |         |        |                      |
| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |

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| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | T    | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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|          |          |     |         |      |                    |      |                   |       |         |        |                      |

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| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | T    | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | Т    | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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|          |          |     |         |      |                    |      |                   |       |         |        |                      |

| DATE:    |          |     |         |      |                    |      |                   | т:    |         |        |                      |
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| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | Т    | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      | ·                 |       |         |        |                      |
| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |

| DATE:    | (Mo) (   | Th Fr | Su      | •       | WEIGH      | Т:   |       |       |          |       |                      |
|----------|----------|-------|---------|---------|------------|------|-------|-------|----------|-------|----------------------|
| GOAL:    |          |       |         |         |            |      | MOOD: |       |          |       |                      |
|          | CARDI    | 0     |         |         |            |      | F     | LEXIE | BILITY/  | CLA   | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т       | IME        |      | EXER  |       |          |       | IME                  |
|          |          |       |         |         |            |      |       |       |          |       |                      |
|          |          |       |         |         |            |      |       |       |          |       |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS     | $\bigcirc$ | CHES | т (   | ABS   | () H     | HIPS  | C LEGS               |
| EXE      | RCISE    |       | SET 1   |         | SET        | 2    | SET   | Г 3   | SET      | 4     | SET 5                |
|          |          |       |         |         |            |      |       |       |          |       |                      |
|          |          |       |         |         |            |      |       |       |          |       |                      |
|          |          |       |         |         |            |      |       |       |          |       |                      |
|          |          |       |         |         |            |      |       |       |          |       |                      |
|          |          |       |         |         |            |      |       |       |          |       |                      |
|          |          |       |         |         |            |      |       |       |          |       |                      |
|          |          |       |         |         |            |      |       |       |          |       |                      |
| CALORIES |          |       | DIFFICU | II TV   | 00         |      |       |       | ERGY     |       | 0000                 |
| CALORIES |          |       | DIFFICO | , L I Y |            |      |       | AN    | EKGT     |       |                      |
|          | NOTES    |       |         |         |            |      |       | NU    | TRITION  | ١     |                      |
|          |          |       |         |         |            |      |       |       |          |       | VITAMIN<br>SUGAR     |
|          |          |       |         |         |            |      |       |       |          |       | DAIRY                |
|          |          |       |         |         |            |      |       |       |          |       | FATS<br>FISH,MEAT    |
|          |          |       |         |         |            |      |       |       | <u>.</u> |       | GRAIN                |
|          |          |       |         |         |            |      |       |       | VE       | :GETA | BLE, FRUITS<br>WATER |
|          |          |       |         |         |            |      |       |       |          |       |                      |
|          |          |       |         |         |            |      |       |       |          |       |                      |
|          |          |       |         |         |            |      |       |       |          |       |                      |

| DATE:    | (Mo) (   | Th Fr | Sa) (s  | Su   |            | WEIGH. | Т:    |       |           |                        |
|----------|----------|-------|---------|------|------------|--------|-------|-------|-----------|------------------------|
| GOAL:    |          |       |         |      |            |        | MOOD: |       |           |                        |
|          | CARDI    | 0     |         |      |            |        | F     | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т    | IME        |        | EXER  |       |           | TIME                   |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS  | $\bigcirc$ | CHES   | т (   | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |      | SET        | 2      | SE1   | 3     | SET 4     | SET 5                  |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY | 0(         |        |       | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |      |            |        |       | NU    | TRITION   |                        |
|          |          |       |         |      |            |        |       |       |           | VITAMIN                |
|          |          |       |         |      |            |        |       |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |      |            |        |       |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |      |            |        |       |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |      |            |        | VEGE  | WATER |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |

| DATE:    | (Mo) (   | Th Fr | Sa) (s  | Su   |            | WEIGH. | Т:    |       |           |                        |
|----------|----------|-------|---------|------|------------|--------|-------|-------|-----------|------------------------|
| GOAL:    |          |       |         |      |            |        | MOOD: |       |           |                        |
|          | CARDI    | 0     |         |      |            |        | F     | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т    | IME        |        | EXER  |       |           | TIME                   |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS  | $\bigcirc$ | CHES   | т (   | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |      | SET        | 2      | SE1   | 3     | SET 4     | SET 5                  |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY | 0(         |        |       | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |      |            |        |       | NU    | TRITION   |                        |
|          |          |       |         |      |            |        |       |       |           | VITAMIN                |
|          |          |       |         |      |            |        |       |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |      |            |        |       |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |      |            |        |       |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |      |            |        | VEGE  | WATER |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |
|          |          |       |         |      |            |        |       |       |           |                        |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH. | Т:    |           |                        |
|----------|----------|-------|---------|--------|------------|------|--------|-------|-----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:  |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F      | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER   |       |           | TIME                   |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (    | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1    | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |        | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |        | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |        |       |           | VITAMIN                |
|          |          |       |         |        |            |      |        |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |        |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |        |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      |        |       | VEGE      | WATER                  |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH. | Т:    |           |                        |
|----------|----------|-------|---------|--------|------------|------|--------|-------|-----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:  |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F      | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER   |       |           | TIME                   |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (    | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1    | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |        | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |        | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |        |       |           | VITAMIN                |
|          |          |       |         |        |            |      |        |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |        |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |        |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      |        |       | VEGE      | WATER                  |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH. | Т:    |           |                        |
|----------|----------|-------|---------|--------|------------|------|--------|-------|-----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:  |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F      | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER   |       |           | TIME                   |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (    | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1    | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |        | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |        | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |        |       |           | VITAMIN                |
|          |          |       |         |        |            |      |        |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |        |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |        |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      |        |       | VEGE      | WATER                  |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |

| DATE:    |          |     |         |      |                    |      |                   | т:    |         |        |                      |  |
|----------|----------|-----|---------|------|--------------------|------|-------------------|-------|---------|--------|----------------------|--|
| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |  |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |  |
| EXERC    | CISE     | DIS | TANCE   | Т    | IME                |      | EXER              |       |         |        | ГІМЕ                 |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |  |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      | ·                 |       |         |        |                      |  |
| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |  |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |  |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |  |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |  |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |  |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |

| DATE:    |          |     |         |      |                    |      |                   | т:    |         |        |                      |  |
|----------|----------|-----|---------|------|--------------------|------|-------------------|-------|---------|--------|----------------------|--|
| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |  |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |  |
| EXERC    | CISE     | DIS | TANCE   | Т    | IME                |      | EXER              |       |         |        | ГІМЕ                 |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |  |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      | ·                 |       |         |        |                      |  |
| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |  |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |  |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |  |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |  |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |  |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |

| DATE:    |          |     |         |      |                    |      |                   | т:    |         |        |                      |  |
|----------|----------|-----|---------|------|--------------------|------|-------------------|-------|---------|--------|----------------------|--|
| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |  |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |  |
| EXERC    | CISE     | DIS | TANCE   | Т    | IME                |      | EXER              |       |         |        | ГІМЕ                 |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |  |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      | ·                 |       |         |        |                      |  |
| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |  |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |  |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |  |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |  |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |  |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |

| DATE:    |          |     |         |      |                    |      |                   | т:    |         |        |                      |  |
|----------|----------|-----|---------|------|--------------------|------|-------------------|-------|---------|--------|----------------------|--|
| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |  |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |  |
| EXERC    | CISE     | DIS | TANCE   | Т    | IME                |      | EXER              |       |         |        | ГІМЕ                 |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |  |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      | ·                 |       |         |        |                      |  |
| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |  |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |  |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |  |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |  |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |  |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |

| DATE:    |          |     |         |      |                    |      |                   | т:    |         |        |                      |  |
|----------|----------|-----|---------|------|--------------------|------|-------------------|-------|---------|--------|----------------------|--|
| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |  |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |  |
| EXERC    | CISE     | DIS | TANCE   | Т    | IME                |      | EXER              |       |         |        | ГІМЕ                 |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |  |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      | ·                 |       |         |        |                      |  |
| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |  |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |  |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |  |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |  |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |  |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |  |

| DATE:    | (Mo) (   | Su  | •       | WEIGH   | Т:         |      |       |       |          |       |                      |
|----------|----------|-----|---------|---------|------------|------|-------|-------|----------|-------|----------------------|
| GOAL:    |          |     |         |         |            |      | MOOD: |       |          |       |                      |
|          | CARDI    | 0   |         |         |            |      | F     | LEXIE | BILITY/  | CLA   | SS                   |
| EXERC    | ISE      | DIS | TANCE   | Т       | IME        |      | EXER  |       |          |       | IME                  |
|          |          |     |         |         |            |      |       |       |          |       |                      |
|          |          |     |         |         |            |      |       |       |          |       |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS     | $\bigcirc$ | CHES | т (   | ABS   | () H     | HIPS  | C LEGS               |
| EXE      | RCISE    |     | SET 1   |         | SET        | 2    | SET   | Г 3   | SET      | 4     | SET 5                |
|          |          |     |         |         |            |      |       |       |          |       |                      |
|          |          |     |         |         |            |      |       |       |          |       |                      |
|          |          |     |         |         |            |      |       |       |          |       |                      |
|          |          |     |         |         |            |      |       |       |          |       |                      |
|          |          |     |         |         |            |      |       |       |          |       |                      |
|          |          |     |         |         |            |      |       |       |          |       |                      |
|          |          |     |         |         |            |      |       |       |          |       |                      |
| CALORIES |          |     | DIFFICU | II TV   | 00         |      |       |       | ERGY     |       | 0000                 |
| CALORIES |          |     | DIFFICO | , L I Y |            |      |       | AN    | EKGT     |       |                      |
|          | NOTES    |     |         |         |            |      |       | NU    | TRITION  | ١     |                      |
|          |          |     |         |         |            |      |       |       |          |       | VITAMIN<br>SUGAR     |
|          |          |     |         |         |            |      |       |       |          |       | DAIRY                |
|          |          |     |         |         |            |      |       |       |          |       | FATS<br>FISH,MEAT    |
|          |          |     |         |         |            |      |       |       | <u>.</u> |       | GRAIN                |
|          |          |     |         |         |            |      |       |       | VE       | :GETA | BLE, FRUITS<br>WATER |
|          |          |     |         |         |            |      |       |       |          |       |                      |
|          |          |     |         |         |            |      |       |       |          |       |                      |
|          |          |     |         |         |            |      |       |       |          |       |                      |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH. | Т:    |           |                        |
|----------|----------|-------|---------|--------|------------|------|--------|-------|-----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:  |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F      | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER   |       |           | TIME                   |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (    | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1    | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |        | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |        | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |        |       |           | VITAMIN                |
|          |          |       |         |        |            |      |        |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |        |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |        |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      |        |       | VEGE      | WATER                  |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH. | Т:    |           |                        |
|----------|----------|-------|---------|--------|------------|------|--------|-------|-----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:  |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F      | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER   |       |           | TIME                   |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (    | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1    | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |        | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |        | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |        |       |           | VITAMIN                |
|          |          |       |         |        |            |      |        |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |        |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |        |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      |        |       | VEGE      | WATER                  |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH. | Т:    |           |                        |
|----------|----------|-------|---------|--------|------------|------|--------|-------|-----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:  |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F      | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER   |       |           | TIME                   |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (    | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1    | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |        | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |        | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |        |       |           | VITAMIN                |
|          |          |       |         |        |            |      |        |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |        |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |        |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      |        |       | VEGE      | WATER                  |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |
|          |          |       |         |        |            |      |        |       |           |                        |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH <sup>.</sup> | Т:    |           |                        |
|----------|----------|-------|---------|--------|------------|------|--------------------|-------|-----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:              |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F                  | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER               |       |           | TIME                   |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (                | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1                | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |                    | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |                    | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |                    |       |           | VITAMIN                |
|          |          |       |         |        |            |      |                    |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |                    |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |                    |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      |                    |       | VEGE      | WATER                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |

| DATE:    | (Mo) (   | Tu We | Th Fr   | Sa) (s | Su         |      | WEIGH <sup>.</sup> | Т:    |           |                        |
|----------|----------|-------|---------|--------|------------|------|--------------------|-------|-----------|------------------------|
| GOAL:    |          |       |         |        |            |      | MOOD:              |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F                  | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER               |       |           | TIME                   |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (                | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1                | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |                    | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |                    | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |                    |       |           | VITAMIN                |
|          |          |       |         |        |            |      |                    |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |                    |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |                    |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      |                    |       | VEGE      | WATER                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |

| DATE:    |          |     |         |      |                    |      |                   | т:    |         |        |                      |
|----------|----------|-----|---------|------|--------------------|------|-------------------|-------|---------|--------|----------------------|
| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | T    | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      | ·                 |       |         |        |                      |
| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |

| DATE:    |          |     |         |      |                    |      |                   | т:    |         |        |                      |
|----------|----------|-----|---------|------|--------------------|------|-------------------|-------|---------|--------|----------------------|
| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | T    | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      | ·                 |       |         |        |                      |
| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | T    | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | T    | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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|          |          |     |         |      |                    |      |                   |       |         |        |                      |

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|----------|----------|-----|---------|------|--------------------|------|-------------------|-------|---------|--------|----------------------|
| GOAL:    |          |     |         |      |                    | ı    | MOOD:             |       |         |        |                      |
|          | CARDI    | 0   |         |      |                    |      | F                 | LEXIE | BILITY  | Y/CLA  | SS                   |
| EXERC    | CISE     | DIS | TANCE   | T    | IME                |      | EXER              |       |         |        | ГІМЕ                 |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
| STRENGTH | O SHOULD | RES | O ARN   | /IS  | $\circ$            | CHES | т (               | ABS   | $\circ$ | HIPS   | C LEGS               |
| EXE      | RCISE    |     | SET 1   |      | SE1                | 7 2  | SE                | Г 3   | SE      | T 4    | SET 5                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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|          |          |     |         |      |                    |      | ·                 |       |         |        |                      |
| CALORIES |          |     | DIFFICU | ILTY | 0(                 |      |                   | AN    | ERGY    |        | 0000                 |
|          | NOTES    |     |         |      |                    |      |                   | NU    | TRITI   | ON     |                      |
|          |          |     |         |      | $\exists \ \vdash$ |      |                   |       |         |        | VITAMIN<br>SUGAR     |
|          |          |     |         |      |                    |      |                   |       |         |        | DAIRY                |
|          |          |     |         |      |                    |      | FATS<br>FISH,MEAT |       |         |        |                      |
|          |          |     |         |      |                    |      |                   |       |         | VEGETA | GRAIN<br>BLE, FRUITS |
|          |          |     |         |      |                    |      |                   |       |         | 720217 | WATER                |
|          |          |     |         |      |                    |      |                   |       |         |        |                      |
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|          |          |     |         |      |                    |      |                   |       |         |        |                      |

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|----------|----------|-------|---------|---------|------------|-------|-------|-------|----------|-------|----------------------|
| GOAL:    |          |       |         |         |            |       | MOOD: |       |          |       |                      |
|          | CARDI    | 0     |         |         |            |       | F     | LEXIE | BILITY/  | CLA   | SS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т       | IME        |       | EXER  |       |          |       | IME                  |
|          |          |       |         |         |            |       |       |       |          |       |                      |
|          |          |       |         |         |            |       |       |       |          |       |                      |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS     | $\bigcirc$ | CHES  | т (   | ABS   | () H     | HIPS  | C LEGS               |
| EXE      | RCISE    |       | SET 1   |         | SET        | 2     | SET   | Г 3   | SET      | 4     | SET 5                |
|          |          |       |         |         |            |       |       |       |          |       |                      |
|          |          |       |         |         |            |       |       |       |          |       |                      |
|          |          |       |         |         |            |       |       |       |          |       |                      |
|          |          |       |         |         |            |       |       |       |          |       |                      |
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|          |          |       |         |         |            |       |       |       |          |       |                      |
|          |          |       |         |         |            |       |       |       |          |       |                      |
| CALORIES |          |       | DIFFICU | II TV   | 00         |       |       |       | ERGY     |       | 0000                 |
| CALORIES |          |       | DIFFICO | , L I Y |            |       |       | AN    | EKGT     |       |                      |
|          | NOTES    |       |         |         |            |       |       | NU    | TRITION  | ١     |                      |
|          |          |       |         |         |            |       |       |       |          |       | VITAMIN<br>SUGAR     |
|          |          |       |         |         |            |       |       |       |          |       | DAIRY                |
|          |          |       |         |         |            |       |       |       |          |       | FATS<br>FISH,MEAT    |
|          |          |       |         |         |            |       |       |       | <u>.</u> |       | GRAIN                |
|          |          |       |         |         |            |       |       |       | VE       | :GETA | BLE, FRUITS<br>WATER |
|          |          |       |         |         |            |       |       |       |          |       |                      |
|          |          |       |         |         |            |       |       |       |          |       |                      |
|          |          |       |         |         |            |       |       |       |          |       |                      |

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| GOAL:    |          |       |         |        |            |      | MOOD:              |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F                  | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER               |       |           | TIME                   |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (                | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1                | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |                    | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |                    | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |                    |       |           | VITAMIN                |
|          |          |       |         |        |            |      |                    |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |                    |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |                    |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      |                    |       | VEGE      | WATER                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
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| GOAL:    |          |       |         |        |            |      | MOOD:              |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F                  | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER               |       |           | TIME                   |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (                | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1                | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |                    | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |                    | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |                    |       |           | VITAMIN                |
|          |          |       |         |        |            |      |                    |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |                    |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |                    |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      |                    |       | VEGE      | WATER                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
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| GOAL:    |          |       |         |        |            |      | MOOD:              |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F                  | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER               |       |           | TIME                   |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (                | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1                | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |                    | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |                    | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |                    |       |           | VITAMIN                |
|          |          |       |         |        |            |      |                    |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |                    |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |                    |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      |                    |       | VEGE      | WATER                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
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| GOAL:    |          |       |         |        |            |      | MOOD:              |       |           |                        |
|          | CARDI    | 0     |         |        |            |      | F                  | LEXIE | BILITY/CI | .ASS                   |
| EXERC    | ISE      | DIS   | TANCE   | Т      | IME        |      | EXER               |       |           | TIME                   |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| STRENGTH | O SHOULD | RES   | O ARN   | /IS    | $\bigcirc$ | CHES | т (                | ABS   | O HIP     | S C LEGS               |
| EXE      | RCISE    |       | SET 1   |        | SET        | 2    | SE1                | 3     | SET 4     | SET 5                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
| CALORIES |          |       | DIFFICU | ILTY   | 0(         |      |                    | AN    | ERGY (    | 00000                  |
|          | NOTES    |       |         |        |            |      |                    | NU    | TRITION   |                        |
|          |          |       |         |        |            |      |                    |       |           | VITAMIN                |
|          |          |       |         |        |            |      |                    |       |           | SUGAR<br>DAIRY         |
|          |          |       |         |        |            |      |                    |       |           | FATS<br>FISH,MEAT      |
|          |          |       |         |        |            |      |                    |       | VEGE      | GRAIN<br>TABLE, FRUITS |
|          |          |       |         |        |            |      |                    |       | VEGE      | WATER                  |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |
|          |          |       |         |        |            |      |                    |       |           |                        |