



**THE OVER40**

**Blueprint  
Program**

**Training &  
Nutrition Log**



# Body Measurements

|   | Desired | Initial | 2 Weeks | 4 Weeks | 6 Weeks | 8 Weeks | 10 Weeks | 12 Weeks |
|---|---------|---------|---------|---------|---------|---------|----------|----------|
| Height                                    |         |         |         |         |         |         |          |          |
| Weight                                    |         |         |         |         |         |         |          |          |
| Body Mass Index<br>(weight/height/height) |         |         |         |         |         |         |          |          |
| Waist                                     |         |         |         |         |         |         |          |          |
| Hip                                       |         |         |         |         |         |         |          |          |
| Waist to Hip Ratio                        |         |         |         |         |         |         |          |          |
| Skinfolds/% Body Fat<br>(Optional)        |         |         |         |         |         |         |          |          |

My goal in 12 weeks is to:

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**Note:** Individuals who have a large amount of muscle mass may not fall in the desired Body Mass Index but they may still have a healthy level of body fat.



## How to use the Daily Workout Log Template 1:

- As you can see, the program resembles the programs downloaded to your device. With the printable templates, you can build your own program using the movement patterns in the Foundations, Core or Master programs.
- Simply choose the exercises from each category, and add them in the spaces provided.
- Make sure you choose exercises that match the template as to ensure a balanced program design.
- You can also super-set the exercises from any category and do them without resting between sets. All you do is draw in a bracket as shown on the demo template.

## How to use the Daily Alternate Workout Log Template 2:

- Before starting your Alternate workout, fill in the sheet with all your workout information, leaving just the boxes in the centre of the sheet under "Exercises" blank. When you are at the gym, fill in all the blank boxes.
- "TR" stands for Targeted Reps, or the number of reps you plan on completing for a given exercise set, "AR" stands for Actual Reps you complete, and "W" stands for the weight you used, "F" stands for completing as many reps as possible to failure, and "RBS" stands for Rest Between Sets. Finally, brackets are used to connect exercises that are completed as circuits (i.e. completed back to back with little to no rest).
- When filling in the sheet, "BW" indicates body weight.



## Weekly Meal Tracker

Week : \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

Record your weekly meals on the sheet below for easy tracking of your Calorie input.

| <i><b>Meal</b></i>                         | <i><b>Mon</b></i> | <i><b>Tue</b></i> | <i><b>Wed</b></i> | <i><b>Thu</b></i> | <i><b>Fri</b></i> | <i><b>Sat</b></i> | <i><b>Sun</b></i> |
|--|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| <i><b>1</b></i><br><i><b>Breakfast</b></i> |                   |                   |                   |                   |                   |                   |                   |
| <i><b>2</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>3</b></i><br><i><b>Lunch</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>4</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>5</b></i><br><i><b>Dinner</b></i>    |                   |                   |                   |                   |                   |                   |                   |
| <i><b>Total Cal</b></i>                    |                   |                   |                   |                   |                   |                   |                   |



Week :1/ \_\_01\_\_ /2016 to \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Name: Marius Visser

Goals: Example program

**WARM-UP/MOVE PREP/PRIMITIVE PATTERNS**

Days: \_\_\_\_\_

| <i>Activity</i>     | <i>Sets</i> | <i>Reps</i> | <i>Time</i>  | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|---------------------|-------------|-------------|--------------|-------------|------------------|--------------|
| <i>Foam rolling</i> | <i>1</i>    | <i>1</i>    | <i>1 min</i> |             |                  |              |
| <i>Extend</i>       | <i>1</i>    | <i>10</i>   |              |             |                  |              |

**CORE BODY-MOTOR CONTROL**

Days: \_\_\_\_\_

| <i>Exercises</i>      | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>Rest</i>   | <i>Notes</i> |
|-----------------------|-------------|-------------|---------------|---------------|--------------|
| <i>Prone</i>          | <i>1</i>    | <i>10</i>   |               |               |              |
| <i>Rolling</i>        | <i>1</i>    | <i>10</i>   |               |               |              |
| <i>Quadrant 1</i>     | <i>1</i>    | <i>10</i>   |               |               |              |
| <i>Quadrant 2</i>     | <i>1</i>    | <i>10</i>   |               |               | Days: _____  |
| <i>Backward lunge</i> | <i>3</i>    | <i>15</i>   | <i>5 kg</i>   | <i>30 Sec</i> |              |

**FULL BODY PULL - STRENGTH TRAINING**

Days: \_\_\_\_\_

| <i>Exercises</i>             | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>1RM</i> | <i>Rest</i>   | <i>Notes</i> |
|------------------------------|-------------|-------------|---------------|------------|---------------|--------------|
| <i>Pull downs</i>            | <i>3</i>    | <i>15</i>   | <i>20 kg</i>  |            | <i>30 Sec</i> |              |
| <i>Medicine ball C&amp;L</i> | <i>3</i>    | <i>15</i>   | <i>5 kg</i>   |            | <i>30 Sec</i> |              |

**COOL DOWN**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i>  | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|--------------|-------------|------------------|--------------|
| <i>Rowing</i>   |             |             | <i>5 min</i> |             | <i>light</i>     |              |



Date:

Workout: Core

Name: Marius Visser

Workout# Example program

### Workout Parameters

Primary Muscles: Full body

Total # Reps (reps x sets):

Total # Sets: 1

Duration:

### Warm-Up/Movement Prep

Rowing 10 min 2147 metres

| <i>Exercises</i>                   | <i>TR</i> | <i>AR</i> | <i>W</i>  | <i>TR</i> | <i>AR</i> | <i>W</i> | <i>TR</i> | <i>AR</i> | <i>W</i> | <i>RBS</i> |
|------------------------------------|-----------|-----------|-----------|-----------|-----------|----------|-----------|-----------|----------|------------|
| <i>Lunge matrix</i>                | <i>10</i> | <i>10</i> | <i>4</i>  |           |           |          |           |           |          |            |
| <i>Front Squats</i>                | <i>10</i> | <i>10</i> | <i>60</i> |           |           |          |           |           |          |            |
| <i>Bench press</i>                 | <i>10</i> | <i>10</i> | <i>80</i> |           |           |          |           |           |          |            |
| <i>Step ups</i>                    | <i>10</i> | <i>10</i> | <i>10</i> |           |           |          |           |           |          |            |
| <i>Medicine ball slams</i>         | <i>10</i> | <i>10</i> | <i>10</i> |           |           |          |           |           |          |            |
| <i>Dead lifts</i>                  | <i>10</i> | <i>10</i> | <i>80</i> |           |           |          |           |           |          |            |
| <i>Pull ups</i>                    | <i>10</i> | <i>10</i> | <i>BW</i> |           |           |          |           |           |          |            |
| <i>Push press</i>                  | <i>10</i> | <i>10</i> | <i>10</i> |           |           |          |           |           |          |            |
| <i>Medicine ball squat thrusts</i> | <i>10</i> | <i>15</i> | <i>6</i>  |           |           |          |           |           |          |            |

### High Intensity Interval Training/Stretching

~~Push ups~~ **20 25 BW**

Martial arts stretching 10 min heavy bag work.

**Dips 20 20 BW**



Week : \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

**WARM-UP/MOVE PREP/PRIMITIVE PATTERNS**

Days: \_\_\_\_\_

| <i><b>Activity</b></i> | <i><b>Sets</b></i> | <i><b>Reps</b></i> | <i><b>Time</b></i> | <i><b>Dist</b></i> | <i><b>Intensity</b></i> | <i><b>Notes</b></i> |
|------------------------|--------------------|--------------------|--------------------|--------------------|-------------------------|---------------------|
|                        |                    |                    |                    |                    |                         |                     |
|                        |                    |                    |                    |                    |                         |                     |

**CORE BODY-MOTOR CONTROL**

Days: \_\_\_\_\_

| <i><b>Exercises</b></i> | <i><b>Sets</b></i> | <i><b>Reps</b></i> | <i><b>Weight</b></i> | <i><b>Rest</b></i> | <i><b>Notes</b></i> |
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Days: \_\_\_\_\_

**FULL BODY PULL - STRENGTH TRAINING**

Days: \_\_\_\_\_

| <i><b>Exercises</b></i> | <i><b>Sets</b></i> | <i><b>Reps</b></i> | <i><b>Weight</b></i> | <i><b>1RM</b></i> | <i><b>Rest</b></i> | <i><b>Notes</b></i> |
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**COOL DOWN**

Days: \_\_\_\_\_

| <i><b>Activity</b></i> | <i><b>Sets</b></i> | <i><b>Reps</b></i> | <i><b>Time</b></i> | <i><b>Dist</b></i> | <i><b>Intensity</b></i> | <i><b>Notes</b></i> |
|------------------------|--------------------|--------------------|--------------------|--------------------|-------------------------|---------------------|
|                        |                    |                    |                    |                    |                         |                     |
|                        |                    |                    |                    |                    |                         |                     |



Date:

Workout:

Name:

Workout#

**Workout Parameters**

Primary Muscles:

Total # Reps (reps x sets):

Total # Sets:

Duration:

**Warm-Up/Movement Prep**

| <i><b>Exercises</b></i> | <i><b>TR</b></i> | <i><b>AR</b></i> | <i><b>W</b></i> | <i><b>TR</b></i> | <i><b>AR</b></i> | <i><b>W</b></i> | <i><b>TR</b></i> | <i><b>AR</b></i> | <i><b>W</b></i> | <i><b>RBS</b></i> |
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**High Intensity Interval Training/Stretching**





Week : \_\_\_\_ / \_\_\_\_ / \_\_\_\_ to \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

**WARM-UP/MOVE PREP/PRIMITIVE PATTERNS**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
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**CORE BODY-MOTOR CONTROL**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>Rest</i> | <i>Notes</i> |
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Days: \_\_\_\_\_

**FULL BODY PULL - STRENGTH TRAINING**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>1RM</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|------------|-------------|--------------|
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**COOL DOWN**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
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## Weekly Meal Tracker

Week : \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

Record your weekly meals on the sheet below for easy tracking of your Calorie input.

| <i><b>Meal</b></i>                         | <i><b>Mon</b></i> | <i><b>Tue</b></i> | <i><b>Wed</b></i> | <i><b>Thu</b></i> | <i><b>Fri</b></i> | <i><b>Sat</b></i> | <i><b>Sun</b></i> |
|--|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| <i><b>1</b></i><br><i><b>Breakfast</b></i> |                   |                   |                   |                   |                   |                   |                   |
| <i><b>2</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>3</b></i><br><i><b>Lunch</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>4</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>5</b></i><br><i><b>Dinner</b></i>    |                   |                   |                   |                   |                   |                   |                   |
| <i><b>Total Cal</b></i>                    |                   |                   |                   |                   |                   |                   |                   |





Week : \_\_\_\_ / \_\_\_\_ / \_\_\_\_ to \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

**WARM-UP/MOVE PREP/PRIMITIVE PATTERNS**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
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**CORE BODY-MOTOR CONTROL**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|-------------|--------------|
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Days: \_\_\_\_\_

**FULL BODY PULL - STRENGTH TRAINING**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>1RM</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|------------|-------------|--------------|
|                  |             |             |               |            |             |              |
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**COOL DOWN**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |





Week : \_\_\_\_ / \_\_\_\_ / \_\_\_\_ to \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

**WARM-UP/MOVE PREP/PRIMITIVE PATTERNS**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
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**CORE BODY-MOTOR CONTROL**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|-------------|--------------|
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Days: \_\_\_\_\_

**FULL BODY PULL - STRENGTH TRAINING**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>1RM</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|------------|-------------|--------------|
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**COOL DOWN**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
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## Weekly Meal Tracker

Week : \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

Record your weekly meals on the sheet below for easy tracking of your Calorie input.

| <i><b>Meal</b></i>                         | <i><b>Mon</b></i> | <i><b>Tue</b></i> | <i><b>Wed</b></i> | <i><b>Thu</b></i> | <i><b>Fri</b></i> | <i><b>Sat</b></i> | <i><b>Sun</b></i> |
|--|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| <i><b>1</b></i><br><i><b>Breakfast</b></i> |                   |                   |                   |                   |                   |                   |                   |
| <i><b>2</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>3</b></i><br><i><b>Lunch</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>4</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>5</b></i><br><i><b>Dinner</b></i>    |                   |                   |                   |                   |                   |                   |                   |
| <i><b>Total Cal</b></i>                    |                   |                   |                   |                   |                   |                   |                   |





Week : \_\_\_/\_\_\_/\_\_\_ to \_\_\_/\_\_\_/\_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

**WARM-UP/MOVE PREP/PRIMITIVE PATTERNS**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |

**CORE BODY-MOTOR CONTROL**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|-------------|--------------|
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |

Days: \_\_\_\_\_

**FULL BODY PULL - STRENGTH TRAINING**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>1RM</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|------------|-------------|--------------|
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |

**COOL DOWN**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |









Week : \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

**WARM-UP/MOVE PREP/PRIMITIVE PATTERNS**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |

**CORE BODY-MOTOR CONTROL**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|-------------|--------------|
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |

Days: \_\_\_\_\_

**FULL BODY PULL - STRENGTH TRAINING**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>1RM</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|------------|-------------|--------------|
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |

**COOL DOWN**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |



## Weekly Meal Tracker

Week : \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

Record your weekly meals on the sheet below for easy tracking of your Calorie input.

| <i><b>Meal</b></i>                         | <i><b>Mon</b></i> | <i><b>Tue</b></i> | <i><b>Wed</b></i> | <i><b>Thu</b></i> | <i><b>Fri</b></i> | <i><b>Sat</b></i> | <i><b>Sun</b></i> |
|--|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| <i><b>1</b></i><br><i><b>Breakfast</b></i> |                   |                   |                   |                   |                   |                   |                   |
| <i><b>2</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>3</b></i><br><i><b>Lunch</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>4</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>5</b></i><br><i><b>Dinner</b></i>    |                   |                   |                   |                   |                   |                   |                   |
| <i><b>Total Cal</b></i>                    |                   |                   |                   |                   |                   |                   |                   |





Week : \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

**WARM-UP/MOVE PREP/PRIMITIVE PATTERNS**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |

**CORE BODY-MOTOR CONTROL**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|-------------|--------------|
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |

Days: \_\_\_\_\_

**FULL BODY PULL - STRENGTH TRAINING**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>1RM</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|------------|-------------|--------------|
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |

**COOL DOWN**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |











## Weekly Meal Tracker

Week : \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

Record your weekly meals on the sheet below for easy tracking of your Calorie input.

| <i><b>Meal</b></i>                         | <i><b>Mon</b></i> | <i><b>Tue</b></i> | <i><b>Wed</b></i> | <i><b>Thu</b></i> | <i><b>Fri</b></i> | <i><b>Sat</b></i> | <i><b>Sun</b></i> |
|--|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| <i><b>1</b></i><br><i><b>Breakfast</b></i> |                   |                   |                   |                   |                   |                   |                   |
| <i><b>2</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>3</b></i><br><i><b>Lunch</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>4</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>5</b></i><br><i><b>Dinner</b></i>    |                   |                   |                   |                   |                   |                   |                   |
| <i><b>Total Cal</b></i>                    |                   |                   |                   |                   |                   |                   |                   |



Week : \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

**WARM-UP/MOVE PREP/PRIMITIVE PATTERNS**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |

**CORE BODY-MOTOR CONTROL**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|-------------|--------------|
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |

Days: \_\_\_\_\_

**FULL BODY PULL - STRENGTH TRAINING**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>1RM</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|------------|-------------|--------------|
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |

**COOL DOWN**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |











Week : \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

**WARM-UP/MOVE PREP/PRIMITIVE PATTERNS**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |

**CORE BODY-MOTOR CONTROL**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|-------------|--------------|
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
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|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |

Days: \_\_\_\_\_

**FULL BODY PULL - STRENGTH TRAINING**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>1RM</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|------------|-------------|--------------|
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |

**COOL DOWN**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |



## Weekly Meal Tracker

Week : \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

Record your weekly meals on the sheet below for easy tracking of your Calorie input.

| <i><b>Meal</b></i>                         | <i><b>Mon</b></i> | <i><b>Tue</b></i> | <i><b>Wed</b></i> | <i><b>Thu</b></i> | <i><b>Fri</b></i> | <i><b>Sat</b></i> | <i><b>Sun</b></i> |
|--|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| <i><b>1</b></i><br><i><b>Breakfast</b></i> |                   |                   |                   |                   |                   |                   |                   |
| <i><b>2</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>3</b></i><br><i><b>Lunch</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>4</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>5</b></i><br><i><b>Dinner</b></i>    |                   |                   |                   |                   |                   |                   |                   |
| <i><b>Total Cal</b></i>                    |                   |                   |                   |                   |                   |                   |                   |









Week : \_\_\_/\_\_\_/\_\_\_ to \_\_\_/\_\_\_/\_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

**WARM-UP/MOVE PREP/PRIMITIVE PATTERNS**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |

**CORE BODY-MOTOR CONTROL**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|-------------|--------------|
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |

Days: \_\_\_\_\_

**FULL BODY PULL - STRENGTH TRAINING**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>1RM</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|------------|-------------|--------------|
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |

**COOL DOWN**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |





## Weekly Meal Tracker

Week : \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

Record your weekly meals on the sheet below for easy tracking of your Calorie input.

| <i><b>Meal</b></i>                         | <i><b>Mon</b></i> | <i><b>Tue</b></i> | <i><b>Wed</b></i> | <i><b>Thu</b></i> | <i><b>Fri</b></i> | <i><b>Sat</b></i> | <i><b>Sun</b></i> |
|--|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| <i><b>1</b></i><br><i><b>Breakfast</b></i> |                   |                   |                   |                   |                   |                   |                   |
| <i><b>2</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>3</b></i><br><i><b>Lunch</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>4</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>5</b></i><br><i><b>Dinner</b></i>    |                   |                   |                   |                   |                   |                   |                   |
| <i><b>Total Cal</b></i>                    |                   |                   |                   |                   |                   |                   |                   |





Week : \_\_\_\_ / \_\_\_\_ / \_\_\_\_ to \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

**WARM-UP/MOVE PREP/PRIMITIVE PATTERNS**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |

**CORE BODY-MOTOR CONTROL**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|-------------|--------------|
|                  |             |             |               |             |              |
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|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |

Days: \_\_\_\_\_

**FULL BODY PULL - STRENGTH TRAINING**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>1RM</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|------------|-------------|--------------|
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |

**COOL DOWN**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |









Week : \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

**WARM-UP/MOVE PREP/PRIMITIVE PATTERNS**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |

**CORE BODY-MOTOR CONTROL**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|-------------|--------------|
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |
|                  |             |             |               |             |              |

Days: \_\_\_\_\_

**FULL BODY PULL - STRENGTH TRAINING**

Days: \_\_\_\_\_

| <i>Exercises</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>1RM</i> | <i>Rest</i> | <i>Notes</i> |
|------------------|-------------|-------------|---------------|------------|-------------|--------------|
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |
|                  |             |             |               |            |             |              |

**COOL DOWN**

Days: \_\_\_\_\_

| <i>Activity</i> | <i>Sets</i> | <i>Reps</i> | <i>Time</i> | <i>Dist</i> | <i>Intensity</i> | <i>Notes</i> |
|-----------------|-------------|-------------|-------------|-------------|------------------|--------------|
|                 |             |             |             |             |                  |              |
|                 |             |             |             |             |                  |              |



## Weekly Meal Tracker

Week : \_\_\_ / \_\_\_ / \_\_\_ to \_\_\_ / \_\_\_ / \_\_\_

Name: \_\_\_\_\_

Goals: \_\_\_\_\_

Record your weekly meals on the sheet below for easy tracking of your Calorie input.

| <i><b>Meal</b></i>                         | <i><b>Mon</b></i> | <i><b>Tue</b></i> | <i><b>Wed</b></i> | <i><b>Thu</b></i> | <i><b>Fri</b></i> | <i><b>Sat</b></i> | <i><b>Sun</b></i> |
|--|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| <i><b>1</b></i><br><i><b>Breakfast</b></i> |                   |                   |                   |                   |                   |                   |                   |
| <i><b>2</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>3</b></i><br><i><b>Lunch</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>4</b></i><br><i><b>Snack</b></i>     |                   |                   |                   |                   |                   |                   |                   |
| <i><b>5</b></i><br><i><b>Dinner</b></i>    |                   |                   |                   |                   |                   |                   |                   |
| <i><b>Total Cal</b></i>                    |                   |                   |                   |                   |                   |                   |                   |

**90 DAY**  
**Weight Loss**  
**CHALLENGE**

**DONE**

