

# Food Journal

<b>Date:</b>	<b>Date:</b>
Breakfast (1 hour within waking up)	Breakfast (1 hour within waking up)
Snack	Snack
Lunch	Lunch
Snack	Snack
Dinner	Dinner
Optional Snack (2-3 hours before bed)	Optional Snack (2-3 hours before bed)
<b>Fitness Tracker</b> Type: Duration: 10-15min    20-30 min    45-60min	<b>Fitness Tracker</b> Type: Duration: 10-15min    20-30 min    45-60min
<b>Sleep Tracker</b> 2-3 hours                  4-6 hours                  7-8 hours	<b>Sleep Tracker</b> 2-3 hours                  4-6 hours                  7-8 hours
<b>Water Tracker</b> ○○○○○○○○○○○○ (one circle = 8oz water)	<b>Water Tracker</b> (check the circles) ○○○○○○○○○○○○ (one circle = 8oz water)
<b>Supplement Tracker</b> (fill in your supplements)	<b>Supplement Tracker</b> (fill in supplements)

## Your 12 Week Calendar

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Week 1							Rest
Week 2							Rest
Week 3							Rest
Week 4 Recup. Week							Rest
Week 5							Rest
Week 6							Rest
Week 7							Rest
Week 8 Recup. Week							Rest
Week 9							Rest
Week 10							Rest
Week 11							Rest
Week 12							Rest
Week 13 Recup. Week							Rest

# Upper Body Workout

Date:

Start Time:

End Time:

Total Time:

Muscle Group	Exercise	Reps	Weights	Time between Sets
Chest				
Shoulders				
Back				
Triceps				
Biceps				

Abs:

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Lower Body Workout

Date:

Start Time:

End Time:

Total Time:

Muscle Group	Exercise	Reps	Weights	Time between Sets
Quads				
Hamstrings				
Buttocks				
Calves				
Abs				

Notes:

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