

NAME: _____

SHIRT SIZE: _____

WEEK 1

DAY	EXERCISE	TIME SPENT	NOTES
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

WEEK 2

DAY	EXERCISE	TIME SPENT	NOTES
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

WEEK 3

DAY	EXERCISE	TIME SPENT	NOTES
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

WEEK 4

DAY	EXERCISE	TIME SPENT	NOTES
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			