

ACTIVITY LOG: _____ MONTH _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

VITAL STATISTICS LOG

DATE	WEIGHT	SKINFOLD #	BICEP	TRICEP	SUB-SCAP	ILIAC CREST	BODY FAT %	FAT MASS	L.B.M	FAT MASS +/-	L.B.M. +/-	BLOOD PRESS	RESTING HR

DATE	NECK	CHEST	SHOULDER	R. UPPER ARM	L. UPPER ARM	R. FOREARM	L. FOREARM	WAIST	HIP	R. THIGH	L. THIGH	R. CALF	L. CALF

FOOD JOURNAL

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
	CAL	CARBS		CAL	CARBS		CAL	CARBS		CAL	CARBS		CAL	CARBS		CAL	CARBS		CAL	CARBS

RESISTANCE TRAINING GUIDE

NAME:

MUSCLES TRAINED:

WARM UP SETS											REST PERIOD				
EXERCISE	USEFUL STUFF	SET	WEIGHT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS	
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		2													
		3													
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CHECKLIST**BRING THESE ITEMS DAILY**

- Exercise Journal (Mandatory)
- Workout mat
- Food Journal
- Water
- Workout towel
- Activity log
- Stopwatch (*optional but highly recommended*)

ASSIGNMENTS

- 10 Focal Points of Nutrition
- 200 word essay on each:
 - Water
 - Vitamins
 - Minerals
 - Antioxidants
 - Essential Fatty Acids
 - Fiber
 - Probiotics
 - Phytochemicals
 - Lean sources of protein
 - Low Glycemic Carbohydrates
- 3 Main Postural Deviations
 - Forward Head
 - Protracted Shoulder Girdle
 - Anterior Pelvic Tilt
- 800 word essay on core values
- 200 word essay on Teamwork

NUTRITION: PHASE I: FIRST 30 DAYS

PROTEIN

Free Range Eggs - 1 yolk to every 3-4 egg whites
Wild Salmon
Tuna
Organic Hormone/Antibiotic Free Turkey
Organic Hormone/Antibiotic Free Chicken
Any other fish (wild preferably)
Hormone/Antibiotic Free Lean Red Meat

DAIRY

Low-Fat Cottage cheese
Low-Fat Greek yogurt
Kefir

VEGETABLES

Kale
Spinach
Broccoli
Brussels sprouts
Tomatoes
Orange sweet potato
Carrots
Green Beans
Cauliflower
Bell Peppers

FRUITS

Blueberries
Strawberries
Lemon
Grapefruit
Orange
Lime

OTHER

Milled Flax Seed
Vinegar
Olive Oil
Flax Seed Oil
Carlson's Fish Oil
Walnut Oil
Any and all herbs and spices

NOTES

< 100g of carbohydrates/day

Approximately 2500mg of sodium/day (do not add salt to anything)

½ oz. of green tea or water for every pound of body weight

IMPORTANT NOTES ON WATER + MEAT QUALITY

Water for consumption should always be Chlorine free (filtered) and contain an abundant amount of minerals.

All foods should be organic and free of herbicides, pesticides, hormones, and antibiotics. All Fish and Animals for consumption should be wild or free range at least.

RESISTANCE TRAINING

NAME:

DATE STARTED:

SEAT LEGS	CHEST BACK	EXERCISE	SET	REPS WT	REPS WT	REPS WT	REPS WT	REPS WT	REPS WT	REPS WT	REPS WT	REPS WT	REPS WT	REPS WT
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