



Drexel University Athletics
Workout/Nutrition
Log Book

Property Of: _____

Address: _____

Phone: _____

Email: _____

ICE: Name: _____ Phone :# _____



Name: _____ Age: _____

Sport _____ Position: _____

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Front

Side

Height	Ft/in	cm
Bodyweight	LBS.	Kg.
Body Fat (scale)	%BF	Lean # / Fat #
Heart Rate	Resting	Max 220-Age

Anthropometric Measurements

Neck: _____

Chest: _____

Biceps: (L) _____
(R) _____

Hips: _____
Waist: _____

Forearms: (L) _____
(R) _____

Thighs: (L) _____
(R) _____

Calves: (L) _____
(R) _____



Functional Test & Score

Comments

Overhead Squat	3 2 1 0	_____
Shoulder Mobility	3 2 1 0	_____
Active Straight-Leg Raise	3 2 1 0	_____
Trunk Stability Push Up	3 2 1 0	_____
Previous Injuries		_____

Conditioning Tests & Scores

Vertical Jump	Reach	#1	#2	#3
20 Yard Sprint		#1	#2	
40 Yard Sprint Basketball Base - Base		#1	#2	
5-10-5 Pro Agility	L	R	L	R
300 Yard Shuttle 2x with 2min. Rest		#1	#2	
5 Mile Bike Test				

Strength & Endurance Tests

Metronome Push Ups	_____
Chin Ups	_____
Hang Clean (1-3 RM)	_____
Front Squat (1-3 RM)	_____
Bench Press (1-3 RM)	_____

Weight Selection

As an athlete the competitive nature in the weight room is difficult when selecting weights. You must be careful and not try to go too heavy too soon. Be patient and select weights that allow you to develop proper form, technique, flexibility and confidence. Your muscles like a computer remember the information that you provide (muscle memory) so it is very important to supply your muscles with the correct information. This means that the first workout the weights should be light enough so that you hardly strain or break a sweat. Then the next workout you can go a little heavier, but still somewhat light. The next workout a little heavier still. This procedure should be followed whenever performing a new exercise.

The following chart is for the beginner to give him/her a rough idea of where to start on the first training session:

Exercise	Percent of your Bodyweight
Hang Clean	30%
DB Snatch (1 Arm)	12.5%
Push Press	22%
Push Jerk	25%
Front Squat	33%
Shoulder Press	20%
Bench Press	33%
Incline Bench	30%
Trap Bar Deadlift	50%

These weights should be light - they are supposed to be. Remember that it is not how much weight you handle that is important, but HOW you handle the weight that matters. Further it is not important where you start, but where you finish.



Maximum Reps	Percentage of Maximum	Training Effect
1	100	Strength increases
2	94.3	
3	90.6	
4	88.1	
5	85.6	
6	83.1	Optimal maximal strength and hypertrophy
7	80.7	
8	78.6	
9	76.5	Best hypertrophy gains
10	74.4	
11	72.3	
12	70.3	
13	68.8	Strength endurance gains - lower hypertrophy gains
14	67.5	
15	66.2	
16	65	
17	63.8	
18	62.7	
19	61.6	
20	60.6	



Repetition Max Conversion Chart

	95.00%	92.50%	90.00%	87.50%	85.00%	82.50%	80.00%	77.50%	75.00%	72.50%	70.00%
	2 RM	3 RM	4 RM	5 RM	6 RM	7 RM	8 RM	9 RM	10 RM	11 RM	12 RM
45	43	42	41	39	38	37	36	35	34	33	32
50	48	46	45	44	43	41	40	39	38	36	35
55	52	51	50	48	47	45	44	43	41	40	39
60	57	56	54	53	51	50	48	47	45	44	42
65	62	60	59	57	55	54	52	50	49	47	46
70	67	65	63	61	60	58	56	54	53	51	49
75	71	69	68	66	64	62	60	58	56	54	53
80	76	74	72	70	68	66	64	62	60	58	56
85	81	79	77	74	72	70	68	66	64	62	60
90	86	83	81	79	77	74	72	70	68	65	63
95	90	88	86	83	81	78	76	74	71	69	67
100	95	93	90	88	85	83	80	78	75	73	70
105	100	97	95	92	89	87	84	81	79	76	74
110	105	102	99	96	94	91	88	85	83	80	77
115	109	106	104	101	98	95	92	89	86	83	81
120	114	111	108	105	102	99	96	93	90	87	84
125	119	116	113	109	106	103	100	97	94	91	88
130	124	120	117	114	111	107	104	101	98	94	91
135	128	125	122	118	115	111	108	105	101	98	95
140	133	130	126	123	119	116	112	109	105	102	98
145	138	134	131	127	123	120	116	112	109	105	102
150	143	139	135	131	128	124	120	116	113	109	105
155	147	143	140	136	132	128	124	120	116	112	109
160	152	148	144	140	136	132	128	124	120	116	112
165	157	153	149	144	140	136	132	128	124	120	116
170	162	157	153	149	145	140	136	132	128	123	119
175	166	162	158	153	149	144	140	136	131	127	123
180	171	167	162	158	153	149	144	140	135	131	126
185	176	171	167	162	157	153	148	143	139	134	130
190	181	176	171	166	162	157	152	147	143	138	133
195	185	180	176	171	166	161	156	151	146	141	137
200	190	185	180	175	170	165	160	155	150	145	140



Repetition Max Conversion Chart

	95.00%	92.50%	90.00%	87.50%	85.00%	82.50%	80.00%	77.50%	75.00%	72.50%	70.00%
	2 RM	3 RM	4 RM	5 RM	6 RM	7 RM	8 RM	9 RM	10 RM	11 RM	12 RM
205	195	190	185	179	174	169	164	159	154	149	144
210	200	194	189	184	179	173	168	163	158	152	147
215	204	199	194	188	183	177	172	167	161	156	151
220	209	204	198	193	187	182	176	171	165	160	154
225	214	208	203	197	191	186	180	174	169	163	158
230	219	213	207	201	196	190	184	178	173	167	161
235	223	217	212	206	200	194	188	182	176	170	165
240	228	222	216	210	204	198	192	186	180	174	168
245	233	227	221	214	208	202	196	190	184	178	172
250	238	231	225	219	213	206	200	194	188	181	175
255	242	236	230	223	217	210	204	198	191	185	179
260	247	241	234	228	221	215	208	202	195	189	182
265	252	245	239	232	225	219	212	205	199	192	186
270	257	250	243	236	230	223	216	209	203	196	189
275	261	254	248	241	234	227	220	213	206	199	193
280	266	259	252	245	238	231	224	217	210	203	196
285	271	264	257	249	242	235	228	221	214	207	200
290	276	268	261	254	247	239	232	225	218	210	203
295	280	273	266	258	251	243	236	229	221	214	207
300	285	278	270	263	255	248	240	233	225	218	210
305	290	282	275	267	259	252	244	236	229	221	214
310	295	287	279	271	264	256	248	240	233	225	217
315	299	291	284	276	268	260	252	244	236	228	221
320	304	296	288	280	272	264	256	248	240	232	224
325	309	301	293	284	276	268	260	252	244	236	228
330	314	305	297	289	281	272	264	256	248	239	231
335	318	310	302	293	285	276	268	260	251	243	235
340	323	315	306	298	289	281	272	264	255	247	238
345	328	319	311	302	293	285	276	267	259	250	242
350	333	324	315	306	298	289	280	271	263	254	245
355	337	328	320	311	302	293	284	275	266	257	249
360	342	333	324	315	306	297	288	279	270	261	252
365	347	338	329	319	310	301	292	283	274	265	256
370	352	342	333	324	315	305	296	287	278	268	259
375	356	347	338	328	319	309	300	291	281	272	263



Nutrition:

Goals:

- 1) Eat a minimum of three meals per day. Shoot for five.
- 2) Eat breakfast every day.
- 3) Eat protein at every meal
- 4) Drink more water
- 5) Eat more vegetables
- 6) Make post-workout nutrition a priority

Terms to Know and Understand

Carbohydrates - the body's preferred energy source.

Best sources in order of preference

- 1) Vegetables
- 2) Fruits
- 3) Whole Grains
- 4) White flour products (bread, bagels, muffins, etc.) avoid for weight loss.

Protein - the nutrient needed to build muscle

Best sources in order of preference

- 1) White meats, fish, poultry
- 2) Eggs and egg substitutes
- 3) Low Fat dairy products (milk, yogurt, cottage cheese)
- 4) Red meat

Fat - an essential nutrient, must make up 30% of total calories, not "bad guy."

Best sources

- 1) Cold water fish
- 2) Peanuts, almonds, cashews (nuts) avocados (guacamole)
- 3) Olive oil, safflower oil

Worst sources

- 1) Animal fat
- 2) Anything that looks like fat (butter, mayonnaise, etc)
- 3) Anything fried

Things to do

- 1) Eat breakfast
- 2) Prepare to eat well. Shop, prepare the night before
- 3) Drink a sports drink or water during workouts 48-64oz. Own a water bottle with your name on it.
- 4) Buy the ingredients for post-workout shakes and make them.
- 5) Get to bed at a reasonable hour. Sleep 8 hrs. per night.

Nutrition – Carbohydrates, Proteins & Fats + Beverages & Condiments

Carbohydrates – Best Choices

Breads: Pumpernickel, rye, sourdough
Cereals: Cheerios, Kashi, oatmeal (not instant)
Starches: Brown rice, couscous
Root Vegetables: Beets, sweet potatoes, yams
Green vegetables: Asparagus, broccoli, brussel sprouts, cucumber, field greens, green beans, romaine lettuce, snap peas, spinach
Other vegetables: bell peppers, carrots, celery, eggplant, mushrooms, soybeans, squash, tomatoes
Fruit: Apples (green), blackberries, blueberries, cantaloupe, cherries, grapefruit, grapes (red), honeydew, kiwifruit, mangoes, oranges (whole), papaya, peaches, plums, raspberries, strawberries, watermelon

Carbohydrates – Average Choices

Breads & Baked Goods: bread (whole wheat), muffins (oat or whole wheat), tortillas (whole wheat)
Cereals: Corn-based cereals (all), rice based cereals (all)
Starches: Egg noodles, pancakes (non-enriched/whole wheat, buckwheat, or sourdough), pasta (whole wheat or vegetable)
Root vegetables: potatoes (baked)
Other vegetables: iceberg lettuce, yellow squash, zucchini
Fruit: dates
Snacks: English muffins (sourdough), rice cakes, wheat crackers

Carbohydrates – Poor Choices

Baked goods: Bagels, cakes, cookies, doughnuts, English muffins (most types), white bread
Cereals: sugary cereals
Dairy products: frozen yogurt (w/sugar), ice cream
Snacks/treats: Dried fruit, French fries, granola bars, potato chips, trail mix
Salads: coleslaw, creamy seafood salad, potato salad

Protein – Best Choices

Fish: Anchovies, calamari, cod, flounder, grouper, halibut, mackerel, mahi mahi, salmon (wild, not farm-raised) sardines, swordfish, tuna (canned in water), tuna steak or sushi
Shellfish: Clams/mussels, crab, lobster, oysters, shrimp
Poultry: Chicken (skinless), ground turkey (extra lean), turkey breast
Meat: Buffalo, filet mignon, flank steak, ground beef (93% lean), ham (96% fat-free), London broil, pork loin (lean), top and bottom round, venison
Legumes: Black beans, soybeans
Dairy Products: Chesses (less than 2% fat), Egg beaters, egg whites, milk (fat free-skim), yogurt (low fat, low sugar), Cottage Cheese

Protein – Average Choices

Poultry: Chicken (w/skin), ground turkey (85-90% lean)
Meat: Ground beef (85-90% lean), roast beef
Legumes (eaten alone): chickpeas, kidney beans, lentils, pinto beans
Dairy products: Cottage cheese (1% and 2% fat), frozen yogurt (low fat, low sugar), ice cream (low fat/fat free, low sugar), milk (1% & 2% fat), whole eggs, yogurt (whole milk)

Protein – Poor Choices

Meat: Beef (heavily marbled), ground beef (regular fat), NY strip, T-bone
Dairy products: Chesses (double- or triple cream, such as Brie and Camembert), milk (whole)

Fats - Best Choices

Oils & Sprays – Canola oil, canola spray, fish oil capsules, flaxseed oil, olive oil (extra virgin), olive oil spray (extra virgin).
Vegetables - avocados
Seeds - pumpkin, sunflower
Nuts: Almonds, cashews, macadamias, pecans, soy nuts, walnuts

Fats – Average Choices

Legumes: Natural peanut butter, peanuts
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Fats Poor Choices

Dairy products: Butter, cream, ice cream (regular, full-fat), margarine, milk (whole)
Oils: Lard (Crisco, etc.)

Condiments – Best Choices

Balsamic vinegar, cayenne pepper, fruit spreads, garlic, herbs/spices, horseradish, hummus, mustard, pesto, fat free salad dressing, salsa,

Condiments – Average Choices

BBQ sauce, ketchup, salad dressing (low fat), syrup (light)

Condiments – Poor Choices

Mayonnaise, miracle whip, salad dressing (regular), sugar

Beverages – Best Choices

Red wine (2-6 glasses per week), tea (decaffeinated -green, black, or white), water (at least 64oz. Per day)

Beverages – Average Choices

Coffee (decaf or regular), diet soft drinks, fruit juices (unsweetened), orange juice (diluted), teas (caffeinated), white wine

Beverages – Poor Choices

Beer, fruit juice (sweetened), hard liquor, Kool-Aid, mixed drinks (especially fruity bar drinks), smoothies, soft drinks, wine coolers

CALORIE EXPENDITURE GUIDE

The rate at which your body burns calories is determined by your weight and by the intensity of your physical activity. The more you weigh and the harder you work, the more calories you will burn per hour. True caloric expenditure can vary significantly from person to person.

General Expenditures

Light Exercise = about 3-5 calories per minute

Medium Exercise = about 6-8 calories per minute

Heavy Exercise = about 9-11 calories per minute

In one hour these activities burn roughly:

250-350 calories

- *slow walking
- *light gardening
- *slow dancing
- *light housework
- *ping pong
- *friendly tennis
- *social golf

450-550 calories

- *brisk walking
- *swimming
- *basketball
- *bicycling
- *aerobic dance
- *weight training
- *tennis-singles

650-850 calories

- *jogging
- *wrestling
- *cross country *skiing
- *football training
- *racquetball - advanced
- *jumping rope
- *climbing stairs

More accurate figures are located on the next few pages.

CALORIE EXPENDITURE GUIDE

Activity	90 lbs.	100 lbs.	110 lbs.	120 lbs.	130 lbs.	140 lbs.	150 lbs.	160 lbs.	170 lbs.	180 lbs.	190 lbs.	200 lbs.	220 lbs.	240 lbs.	260 lbs.	280 lbs.	300 lbs.
Aerobic dancing (low impact)	104	115	127	138	149	161	172	184	195	207	218	230	253	276	299	322	345
Aerobics step training, 4" step (beginner)	131	145	160	174	189	203	218	232	247	261	276	290	319	348	377	406	435
Aerobics, slide training (basic)	135	150	165	180	195	210	225	240	255	270	285	300	330	360	390	420	450
Backpacking with 10 lb. load	162	180	198	216	234	252	270	288	306	324	342	360	396	432	468	504	540
Backpacking with 20 lb. load	180	200	220	240	260	280	300	320	340	360	380	400	440	480	520	560	600
Backpacking with 30 lb. load	211	235	259	282	306	329	352	376	399	423	446	470	517	564	611	658	705
Badminton	135	150	165	180	195	210	225	240	255	270	285	300	330	360	390	420	450
Basketball (game)	198	220	242	264	286	308	330	352	374	396	418	440	484	528	572	616	660
Basketball (leisurely, nongame)	117	130	143	156	169	182	195	208	221	234	247	260	286	312	338	364	390
Bicycling, 10 mph (6 minutes/mile)	112	125	138	150	162	175	188	200	213	225	237	250	275	300	325	350	375
Bicycling, 13 mph (4.6 minutes/mile)	180	200	220	240	260	280	300	320	340	360	380	400	440	480	520	560	600
Billiards	41	45	49	54	58	63	68	72	76	81	85	90	99	108	117	126	135
Bowling	50	55	60	66	72	77	82	88	94	99	105	110	121	132	143	154	165
Canoeing, 2.5 mph	63	70	77	84	91	98	105	112	119	126	133	140	154	168	182	196	210
Canoeing, 4.0 mph	122	135	149	162	175	189	202	216	230	243	257	270	297	324	351	378	405
Croquet	54	60	66	72	78	84	90	96	102	108	114	120	132	144	156	168	180
Cross country snow skiing, intense	297	330	363	396	429	462	495	528	561	594	627	660	726	792	858	924	990
Cross country snow skiing, leisurely	140	155	171	186	202	217	232	248	263	279	294	310	341	372	403	434	465
Cross country snow skiing, moderate	198	220	242	264	286	308	330	352	374	396	418	440	484	528	572	616	660
Dancing (noncontact)	90	100	110	120	130	140	150	160	170	180	190	200	220	240	260	280	300
Dancing (slow)	50	55	60	66	72	77	82	88	94	99	105	110	121	132	143	154	165
Gardening, moderate	81	90	99	108	117	126	135	144	153	162	171	180	198	216	234	252	270
Golfing (walking, w/o cart)	90	100	110	120	130	140	150	160	170	180	190	200	220	240	260	280	300
Golfing (with a cart)	63	70	77	84	91	98	105	112	119	126	133	140	154	168	182	196	210
Handball	207	230	253	276	299	322	345	368	391	414	437	460	506	552	598	644	690
Hiking with a 10 lb. load	162	180	198	216	234	252	270	288	306	324	342	360	396	432	468	504	540
Hiking with a 20 lb. load	180	200	220	240	260	280	300	320	340	360	380	400	440	480	520	560	600
Hiking with a 30 lb. load	211	235	259	282	306	329	352	376	399	423	446	470	517	564	611	658	705
Hiking, no load	140	155	171	186	202	217	232	248	263	279	294	310	341	372	403	434	465
Housework	81	90	99	108	117	126	135	144	153	162	171	180	198	216	234	252	270
Ironing	45	50	55	60	65	70	75	80	85	90	95	100	110	120	130	140	150
Jogging, 5 mph (12 minutes/mile)	167	185	203	222	240	259	278	296	315	333	352	370	407	444	481	518	555
Jogging, 6 mph (10 minutes/mile)	207	230	253	276	299	322	345	368	391	414	437	460	506	552	598	644	690
Mopping	77	85	94	102	111	119	128	136	144	153	162	170	187	204	221	238	255
Mowing	122	135	149	162	175	189	202	216	230	243	257	270	297	324	351	378	405
Ping Pong	81	90	99	108	117	126	135	144	153	162	171	180	198	216	234	252	270

Raking	68	75	82	90	98	105	112	120	128	135	142	150	165	180	195	210	225
Raquetball	185	205	225	246	266	287	308	328	349	369	389	410	451	492	533	574	615
Rowing (leisurely)	68	75	82	90	98	105	112	120	128	135	142	150	165	180	195	210	225
Rowing machine	162	180	198	216	234	252	270	288	306	324	342	360	396	432	468	504	540
Running, 08 mph (7.5 minutes/mile)	274	305	336	366	396	427	458	488	518	549	579	610	671	732	793	854	915
Running, 09 mph (6.7 minutes/mile)	297	330	363	396	429	462	495	528	561	594	627	660	726	792	858	924	990
Running, 10 mph (6 minutes/mile)	315	350	385	420	455	490	525	560	595	630	665	700	770	840	910	980	1050
Scrubbing the floor	126	140	154	168	182	196	210	224	238	252	266	280	308	336	364	392	420
Scuba diving	171	190	209	228	247	266	285	304	323	342	361	380	418	456	494	532	570
Shopping for groceries	54	60	66	72	78	84	90	96	102	108	114	120	132	144	156	168	180
Skipping rope	257	285	313	342	370	399	428	456	484	513	541	570	627	684	741	798	855
Snow shoveling	176	195	215	234	253	273	292	312	332	351	371	390	429	468	507	546	585
Snow skiing, downhill	117	130	143	156	169	182	195	208	221	234	247	260	286	312	338	364	390
Soccer	176	195	215	234	253	273	292	312	332	351	371	390	429	468	507	546	585
Squash	185	205	225	246	266	287	308	328	349	369	389	410	451	492	533	574	615
Stair climber machine	144	160	176	192	208	224	240	256	272	288	304	320	352	384	416	448	480
Stair climbing	126	140	154	168	182	196	210	224	238	252	266	280	308	336	364	392	420
Swimming (25 yards/minute)	108	120	132	144	156	168	180	192	204	216	228	240	264	288	312	336	360
Swimming (50 yards/minute)	202	225	248	270	292	315	338	360	382	405	428	450	495	540	585	630	675
Table Tennis	81	90	99	108	117	126	135	144	153	162	171	180	198	216	234	252	270
Tennis	144	160	176	192	208	224	240	256	272	288	304	320	352	384	416	448	480
Tennis (doubles)	99	110	121	132	143	154	165	176	187	198	209	220	242	264	286	308	330
Trimming hedges	94	105	115	126	136	147	158	168	178	189	199	210	231	252	273	294	315
Vacuuming	68	75	82	90	98	105	112	120	128	135	142	150	165	180	195	210	225
Volleyball (game)	108	120	132	144	156	168	180	192	204	216	228	240	264	288	312	336	360
Volleyball (leisurely)	63	70	77	84	91	98	105	112	119	126	133	140	154	168	182	196	210
Walking, 2 mph (30 minutes/mile)	54	60	66	72	78	84	90	96	102	108	114	120	132	144	156	168	180
Walking, 3 mph (20 minutes/mile)	72	80	88	96	104	112	120	128	136	144	152	160	176	192	208	224	240
Walking, 4 mph (15 minutes/mile)	90	100	110	120	130	140	150	160	170	180	190	200	220	240	260	280	300
Washing the car	68	75	82	90	98	105	112	120	128	135	142	150	165	180	195	210	225
Waterskiing	144	160	176	192	208	224	240	256	272	288	304	320	352	384	416	448	480
Waxing the car	90	100	110	120	130	140	150	160	170	180	190	200	220	240	260	280	300
Weeding	90	100	110	120	130	140	150	160	170	180	190	200	220	240	260	280	300
Weight training (40 sec. between sets)	230	255	280	306	332	357	382	408	433	459	484	510	561	612	663	714	765
Weight training (60 sec. between sets)	171	190	209	228	247	266	285	304	323	342	361	380	418	456	494	532	570
Weight training (90 sec. between sets)	112	125	138	150	162	175	188	200	213	225	237	250	275	300	325	350	375
Window cleaning	68	75	82	90	98	105	112	120	128	135	142	150	165	180	195	210	225

Average Heart Rate Ranges

The following figures show estimates of the average heart rate (beats per minute-bpm) during exercise.

Age	Low	High
20	100 bpm	170 bpm
25	98 bpm	166 bpm
30	95 bpm	162 bpm
35	93 bpm	157 bpm
40	90 bpm	153 bpm
45	88 bpm	149 bpm
50	85 bpm	145 bpm
55	83 bpm	140 bpm
60	80 bpm	136 bpm

These are estimates only. Your own rate during exercise may be somewhat lower or higher.

Calculate your predicted max heart rate:

$220 - \text{Age} = \text{Predicted Max Heart Rate}$

Example: $220 - 20 = 200$ Max HR

Average Blood Pressure Ranges

Rating	Systolic	Diastolic
Normal/Low	below 130	below 85
Normal/high	130-139	85-89
Moderate	140-159	90-99
High	160-179	100-109
Very High	180+	110+

Nutrition/Fuel

Breakfast:

Water: (8ox. Glass)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Snack:

Supplements/Vitamins

Name:

Qty:

Lunch:

Snack:

Dinner:

Rest/Sleep:

Hours:

Snack:

Additional Information: (tomorrow's meals)

Weekly Progress

	Week 1	Week 2	Week 3
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			
	Week 4	Week 5	Week 6
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			

Weekly Progress

	Week 7	Week 8	Week 9
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			
	Week 10	Week 11	Week 12
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			

Weekly Progress

	Week 13	Week 14	Week 15
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			
	Week 16	Week 17	Week 18
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			

Weekly Progress

	Week 19	Week 20	Week 21
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			
	Week 22	Week 23	Week 24
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			

Weekly Progress

	Week 25	Week 26	Week 27
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			
	Week 28	Week 29	Week 30
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			

Weekly Progress

	Week 31	Week 32	Week 33
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			
	Week 34	Week 35	Week 36
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			

Weekly Progress

	Week 37	Week 38	Week 39
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			
	Week 40	Week 41	Week 42
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			

Weekly Progress

	Week 43	Week 44	Week 45
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			
	Week 46	Week 47	Week 48
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			

Weekly Progress

	Week 49	Week 50	Week 51
	Date	Date	Date
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			
	Week 52		
	Date		
Bodyweight			
Bodyfat %			
Resting Heart Rate			
Metronome Push Ups			
Chin Ups			
Vertical Jump			
Hang Clean			
Front Squat			
Bench Press			
Bicep L			
Bicep R			
Chest			
Hips			
Waist			
Thight L			
Thight R			