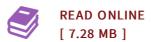




## Workout Plans Log

By Frances P Robinson

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Workout Plans Log can chart most fitness activities, no matter what type of workout you like to do. Workouts shouldn t be complicated and your record keeping shouldn t be either. Included in each chart you ll find simple measures such as: -Date -Time -Activity -Hours - Minutes -Quantity -Intensity Level (Low, Medium, High) -Distance Before you begin start by setting goals. On the Progress Report write in your current status, what you hope to achieve and final results. This worksheet provides a point of reference to help you reach your desired goals. You have a place to record your desired goal and final results for the following: -Weight -Blood Pressure -Neck (circumference) -Chest -Waist -Hip -Upper Arm -Thigh -Calf -Additional blank lines for other measures you desire to note That s it! Record keeping in the Workout Plans Log can help you stay accountable to your routine so LET S GET STARTED!.



## Reviews

Undoubtedly, this is actually the very best job by any writer. It is loaded with wisdom and knowledge You will not really feel monotony at anytime of your respective time (that's what catalogs are for concerning when you check with me).

-- Prof. Lawson Stokes IV

This book might be worth a read, and superior to other. Of course, it really is engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

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