Workout Log

Exercise		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Aerobic Time / Heart Rate
	lbs.							
	Reps.							
	HR							
	lbs.							
	Reps.							
	HR							
	lbs.							**Supplements**
	Reps.							
	HR							
	lbs.							
	Reps.							
	HR							
	lbs.							**Training Problems**
	Reps.							
	HR							
	lbs.							
	Reps.							
	HR							
	lbs.							
	Reps.							
	HR							
	lbs.							
	Reps.							
	HR							

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Progress Chart

	Beginning	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12
Date							
Total Body Weight							
Lean Body Weight							
Fat Weight							
Body Fat Percentage							
BMR							

Notes:

Note to Trainers: This table is designed to show that your clients should be gaining lean muscle mass and losing fat. Carefully monitor their progress in these areas. Make sure that Fat Weight decreases and Lean Body Weight increases. The amount of Fat Weight lost and the increase in Lean Body Weight will differ from person to person. On the average, a person will lose about 2 pounds of fat a week and gain 1/2 a pound of muscle. This will vary as they continue to lose more fat and gain muscle. Review Section 5 in *Fitness: The Complete Guide* for further explanation.

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ZigZag / Caloric Modifications

	Beginning	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12
Date							
Average Calories							
Upzig Calories							
Downzag Calories							

Notes:

Note to Trainers: Every two weeks, you must re-evaluate your client's Basal Metabolic Rate. As they continue to gain lean muscle mass and lose fat, their BMR will change. They will actually need to start eating more to accommodate their increase in lean body weight. Take special care to explain this to them as well as explain why the number on the scale is not as important as the relation between Lean Body Weight and Fat Weight. Also note that your client's Upzig days should fall on days that they will be training, and their downzag days are non-training days.

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Body Measurements

Beginning	**2 Weeks**	**4 Weeks**	**6 Weeks**	**8 Weeks**	**10 Weeks**	**12 Weeks**
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Weight =	Weight =	Weight =	Weight =	Weight =	Weight =	Weight =
Body Fat % =	Body Fat % =	Body Fat % =	Body Fat % =	Body Fat % =	Body Fat % =	Body Fat % =
Girth Measurements (inches)	**Girth Measurements (inches)**	**Girth Measurements (inches)**	**Girth Measurements (inches)**	**Girth Measurements (inches)**	**Girth Measurements (inches)**	**Girth Measurements (inches)**
Upper Arm Girth	Upper Arm Girth	Upper Arm Girth	Upper Arm Girth	Upper Arm Girth	Upper Arm Girth	Upper Arm Girth
Chest Girth	Chest Girth	Chest Girth	Chest Girth	Chest Girth	Chest Girth	Chest Girth
Waist Girth	Waist Girth	Waist Girth	Waist Girth	Waist Girth	Waist Girth	Waist Girth
Hip Girth	Hip Girth	Hip Girth	Hip Girth	Hip Girth	Hip Girth	Hip Girth
Thigh Girth	Thigh Girth	Thigh Girth	Thigh Girth	Thigh Girth	Thigh Girth	Thigh Girth
Calf Girth	Calf Girth	Calf Girth	Calf Girth	Calf Girth	Calf Girth	Calf Girth
Wrist Girth	Wrist Girth	Wrist Girth	Wrist Girth	Wrist Girth	Wrist Girth	Wrist Girth
Forearm Girth	Forearm Girth	Forearm Girth	Forearm Girth	Forearm Girth	Forearm Girth	Forearm Girth
Skinfolds (millimeters)	**Skinfolds (millimeters)**	**Skinfolds (millimeters)**	**Skinfolds (millimeters)**	**Skinfolds (millimeters)**	**Skinfolds (millimeters)**	**Skinfolds (millimeters)**
Triceps	Triceps	Triceps	Triceps	Triceps	Triceps	Triceps
Subscapular	Subscapular	Subscapular	Subscapular	Subscapular	Subscapular	Subscapular
Suprailiac	Suprailiac	Suprailiac	Suprailiac	Suprailiac	Suprailiac	Suprailiac
Abdominal	Abdominal	Abdominal	Abdominal	Abdominal	Abdominal	Abdominal
Mid-Thigh	Mid-Thigh	Mid-Thigh	Mid-Thigh	Mid-Thigh	Mid-Thigh	Mid-Thigh
Inside Calf	Inside Calf	Inside Calf	Inside Calf	Inside Calf	Inside Calf	Inside Calf
Pectoral (men)	Pectoral (men)	Pectoral (men)	Pectoral (men)	Pectoral (men)	Pectoral (men)	Pectoral (men)
Biceps	Biceps	Biceps	Biceps	Biceps	Biceps	Biceps

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Estimated Caloric Intake: Week 1 & 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Meal 1							
(calories)							
Time							
Meal 2							
(calories)							
Time							
Meal 3							
(calories)							
Time							
Snack 1							
(calories)							
Time							
Snack 2							
(calories)							
Time							
Snack 3							
(calories)							
Time							

Notes:

Note to Trainers: The times that your clients eat will vary greatly. However, their biggest high-carbohydrate meal of the day should be the one they have prior to training. You must adhere to Rule Three of the Five Rules of Nutrition. Always eat for what you are going to do, not what you have done. To review the Five Rules of Nutrition, refer to Unit 18 in *Fitness: The Complete Guide*.

Notes:

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Estimated Caloric Intake: Week 3 & 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Meal 1							
(calories)							
Time							
Meal 2							
(calories)							
Time							
Meal 3							
(calories)							
Time							
Snack 1							
(calories)							
Time							
Snack 2							
(calories)							
Time							
Snack 3							
(calories)							
Time							

Notes:

Notes:

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Estimated Caloric Intake: Week 5 & 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Meal 1							
(calories)							
Time							
Meal 2							
(calories)							
Time							
Meal 3							
(calories)							
Time							
Snack 1							
(calories)							
Time							
Snack 2							
(calories)							
Time							
Snack 3							
(calories)							
Time							

Notes:

Notes:

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Estimated Caloric Intake: Week 7 & 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Meal 1							
(calories)							
Time							
Meal 2							
(calories)							
Time							
Meal 3							
(calories)							
Time							
Snack 1							
(calories)							
Time							
Snack 2							
(calories)							
Time							
Snack 3							
(calories)							
Time							

Notes:

Notes:

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Estimated Caloric Intake: Week 9 & 10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Meal 1							
(calories)							
Time							
Meal 2							
(calories)							
Time							
Meal 3							
(calories)							
Time							
Snack 1							
(calories)							
Time							
Snack 2							
(calories)							
Time							
Snack 3							
(calories)							
Time							

Notes:

Notes:

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Estimated Caloric Intake: Week 11 & 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Meal 1							
(calories)							
Time							
Meal 2							
(calories)							
Time							
Meal 3							
(calories)							
Time							
Snack 1							
(calories)							
Time							
Snack 2							
(calories)							
Time							
Snack 3							
(calories)							
Time							

Notes:

Notes:

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