

**ACTIVITY LOG: JANUARY**

| <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> | <b>SATURDAY</b> | <b>SUNDAY</b> |
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**ACTIVITY LOG: FEBRUARY**

| <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> | <b>SATURDAY</b> | <b>SUNDAY</b> |
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**ACTIVITY LOG: MARCH**

| <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> | <b>SATURDAY</b> | <b>SUNDAY</b> |
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**ACTIVITY LOG: APRIL**

| <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> | <b>SATURDAY</b> | <b>SUNDAY</b> |
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**ACTIVITY LOG: MAY**

| <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> | <b>SATURDAY</b> | <b>SUNDAY</b> |
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**ACTIVITY LOG: JUNE**

| <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> | <b>SATURDAY</b> | <b>SUNDAY</b> |
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**ACTIVITY LOG: JULY**

| <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> | <b>SATURDAY</b> | <b>SUNDAY</b> |
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**ACTIVITY LOG: AUGUST**

| <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> | <b>SATURDAY</b> | <b>SUNDAY</b> |
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**ACTIVITY LOG: SEPTEMBER**

| <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> | <b>SATURDAY</b> | <b>SUNDAY</b> |
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**ACTIVITY LOG: OCTOBER**

| <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> | <b>SATURDAY</b> | <b>SUNDAY</b> |
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**ACTIVITY LOG: NOVEMBER**

| <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> | <b>SATURDAY</b> | <b>SUNDAY</b> |
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**ACTIVITY LOG: DECEMBER**

| <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> | <b>SATURDAY</b> | <b>SUNDAY</b> |
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## 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 |
|------|--------|------------|----------|--------------|--------------|-------------|------------|----------|-------|--------------|------------|-------------|------------|
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| DATE | NECK   | CHEST      | SHOULDER | R. UPPER ARM | L. UPPER ARM | R. FOREAREM | L. FOREARM | WAIST    | HIP   | R. THIGH     | L. THIGH   | R. CALF     | L. CALF    |
|      |        |            |          |              |              |             |            |          |       |              |            |             |            |
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## FOOD JOURNAL

| MONDAY |     |       | TUESDAY |     |       | WEDNESDAY |     |       | THURSDAY |     |       | FRIDAY |     |       | SATURDAY |     |       | SUNDAY |     |       |
|--------|-----|-------|---------|-----|-------|-----------|-----|-------|----------|-----|-------|--------|-----|-------|----------|-----|-------|--------|-----|-------|
|        | CAL | CARBS |         | CAL | CARBS |           | CAL | CARBS |          | CAL | CARBS |        | CAL | CARBS |          | CAL | CARBS |        | CAL | CARBS |
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## 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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**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<br>LEGS | CHEST<br>BACK | EXERCISE | SET | REPS<br>WT | REPS<br>WT | REPS<br>WT | REPS<br>WT | REPS<br>WT | REPS<br>WT | REPS<br>WT | REPS<br>WT | REPS<br>WT | REPS<br>WT | REPS<br>WT |
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