



2015 Workout Plan Log (Paperback)

By Frances P Robinson

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.No matter what type of workout you like the 2015 Workout Plan Log will help you chart your daily activities. Workouts shouldn't be complicated and your record keeping shouldn't be either. Included in each chart you'll find simple measures such as the Date, Time, Activity, Hours Minutes, Quantity, Intensity Level (Low, Medium, High) and 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 and additional blank lines for other measures you desire to note. That's it! Record keeping can help you stay accountable to your routine so get started with the 2015 Workout Plan Log!.



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