

Weekly Physical Fitness Exercise Planner/Log

Week of 2011 Dec 26

| Wk# 52        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Dec 26 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Dec 27 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Dec 28 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Dec 29 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Dec 30 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Dec 31 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Jan 01 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Jan 02

| Wk# 1         | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Jan 02 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Jan 03 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Jan 04 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Jan 05 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Jan 06 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Jan 07 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Jan 08 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Jan 09

| Wk# 2         | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Jan 09 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Jan 10 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Jan 11 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Jan 12 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Jan 13 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Jan 14 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Jan 15 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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| Wk# 3         | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Jan 16 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Jan 17 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Jan 18 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Jan 19 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Jan 20 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Jan 21 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Jan 22 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Jan 23

| Wk# 4         | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Jan 23 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Jan 24 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Jan 25 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Jan 26 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Jan 27 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Jan 28 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Jan 29 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Jan 30

| Wk# 5         | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Jan 30 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Jan 31 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Feb 01 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Feb 02 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Feb 03 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Feb 04 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Feb 05 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Feb 06

| Wk# 6         | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Feb 06 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Feb 07 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Feb 08 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Feb 09 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Feb 10 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Feb 11 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Feb 12 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
|-------|
| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Feb 13

| Wk# 7         | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Feb 13 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Feb 14 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Feb 15 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Feb 16 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Feb 17 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Feb 18 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Feb 19 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Feb 20

| Wk# 8         | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Feb 20 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Feb 21 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Feb 22 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Feb 23 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Feb 24 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Feb 25 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Feb 26 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Feb 27

| Wk# 9         | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Feb 27 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Feb 28 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Feb 29 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Mar 01 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Mar 02 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Mar 03 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Mar 04 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Mar 05

| Wk# 10        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Mar 05 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Mar 06 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Mar 07 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Mar 08 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Mar 09 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Mar 10 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Mar 11 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Mar 12

| Wk# 11        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Mar 12 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Mar 13 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Mar 14 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Mar 15 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Mar 16 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Mar 17 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Mar 18 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Mar 19

| Wk# 12        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Mar 19 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Mar 20 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Mar 21 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Mar 22 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Mar 23 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Mar 24 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Mar 25 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Mar 26

| Wk# 13        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Mar 26 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Mar 27 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Mar 28 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Mar 29 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Mar 30 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Mar 31 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Apr 01 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Apr 02

| Wk# 14        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Apr 02 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Apr 03 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Apr 04 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Apr 05 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Apr 06 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Apr 07 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Apr 08 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Apr 09

| Wk# 15        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Apr 09 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Apr 10 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Apr 11 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Apr 12 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Apr 13 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Apr 14 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Apr 15 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Apr 16

| Wk# 16        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Apr 16 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Apr 17 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Apr 18 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Apr 19 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Apr 20 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Apr 21 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Apr 22 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Apr 23

| Wk# 17        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Apr 23 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Apr 24 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Apr 25 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Apr 26 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Apr 27 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Apr 28 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Apr 29 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Apr 30

| Wk# 18        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Apr 30 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>May 01 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>May 02 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>May 03 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>May 04 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>May 05 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>May 06 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 May 07

| Wk# 19        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>May 07 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>May 08 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>May 09 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>May 10 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>May 11 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>May 12 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>May 13 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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| Wk# 20        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>May 14 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>May 15 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>May 16 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>May 17 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>May 18 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>May 19 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>May 20 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 May 21

| Wk# 21        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>May 21 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>May 22 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>May 23 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>May 24 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>May 25 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>May 26 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>May 27 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 May 28

| Wk# 22        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>May 28 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>May 29 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>May 30 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>May 31 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Jun 01 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Jun 02 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Jun 03 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Jun 04

| Wk# 23        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Jun 04 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Jun 05 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Jun 06 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Jun 07 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Jun 08 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Jun 09 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Jun 10 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Jun 11

| Wk# 24        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Jun 11 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Jun 12 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Jun 13 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Jun 14 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Jun 15 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Jun 16 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Jun 17 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Jun 18

| Wk# 25        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Jun 18 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Jun 19 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Jun 20 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Jun 21 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Jun 22 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Jun 23 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Jun 24 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Jun 25

| Wk# 26        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Jun 25 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Jun 26 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Jun 27 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Jun 28 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Jun 29 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Jun 30 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Jul 01 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Jul 02

| Wk# 27        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Jul 02 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Jul 03 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Jul 04 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Jul 05 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Jul 06 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Jul 07 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Jul 08 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Jul 09

| Wk# 28        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Jul 09 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Jul 10 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Jul 11 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Jul 12 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Jul 13 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Jul 14 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Jul 15 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Jul 16

| Wk# 29        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Jul 16 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Jul 17 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Jul 18 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Jul 19 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Jul 20 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Jul 21 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Jul 22 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Jul 23

| Wk# 30        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Jul 23 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Jul 24 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Jul 25 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Jul 26 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Jul 27 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Jul 28 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Jul 29 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Jul 30

| Wk# 31        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Jul 30 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Jul 31 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Aug 01 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Aug 02 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Aug 03 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Aug 04 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Aug 05 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Aug 06

| Wk# 32        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Aug 06 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Aug 07 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Aug 08 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Aug 09 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Aug 10 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Aug 11 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Aug 12 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Aug 13

| Wk# 33        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Aug 13 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Aug 14 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Aug 15 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Aug 16 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Aug 17 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Aug 18 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Aug 19 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Aug 20

| Wk# 34        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Aug 20 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Aug 21 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Aug 22 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Aug 23 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Aug 24 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Aug 25 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Aug 26 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Aug 27

| Wk# 35        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Aug 27 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Aug 28 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Aug 29 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Aug 30 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Aug 31 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Sep 01 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Sep 02 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Sep 03

| Wk# 36        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Sep 03 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Sep 04 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Sep 05 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Sep 06 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Sep 07 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Sep 08 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Sep 09 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
|-------|
| Notes |
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| Wk# 37        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Sep 10 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Sep 11 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Sep 12 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Sep 13 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Sep 14 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Sep 15 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Sep 16 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
|-------|
| Notes |
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| Wk# 38        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Sep 17 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Sep 18 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Sep 19 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Sep 20 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Sep 21 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Sep 22 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Sep 23 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
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| Notes |
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| Wk# 39        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Sep 24 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Sep 25 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Sep 26 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Sep 27 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Sep 28 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Sep 29 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Sep 30 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Oct 01

| Wk# 40        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Oct 01 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Oct 02 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Oct 03 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Oct 04 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Oct 05 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Oct 06 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Oct 07 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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| Wk# 41        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Oct 08 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Oct 09 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Oct 10 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Oct 11 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Oct 12 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Oct 13 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Oct 14 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Oct 15

| Wk# 42        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Oct 15 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Oct 16 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Oct 17 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Oct 18 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Oct 19 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Oct 20 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Oct 21 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Oct 22

| Wk# 43        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Oct 22 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Oct 23 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Oct 24 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Oct 25 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Oct 26 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Oct 27 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Oct 28 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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# Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Oct 29

| Wk# 44        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Oct 29 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Oct 30 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Oct 31 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Nov 01 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Nov 02 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Nov 03 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Nov 04 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Nov 05

| Wk# 45        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Nov 05 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Nov 06 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Nov 07 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Nov 08 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Nov 09 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Nov 10 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Nov 11 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Nov 12

| Wk# 46        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Nov 12 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Nov 13 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Nov 14 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Nov 15 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Nov 16 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Nov 17 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Nov 18 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Nov 19

| Wk# 47        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Nov 19 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Nov 20 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Nov 21 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Nov 22 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Nov 23 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Nov 24 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Nov 25 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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| Wk# 48        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Nov 26 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Nov 27 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Nov 28 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Nov 29 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Nov 30 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Dec 01 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Dec 02 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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| Wk# 49        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Dec 03 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Tue<br>Dec 04 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Wed<br>Dec 05 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Thu<br>Dec 06 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Fri<br>Dec 07 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sat<br>Dec 08 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |
| Sun<br>Dec 09 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
|               |                |  |                          |                               |                     |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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| Wk# 50        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Dec 10 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Dec 11 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Dec 12 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Dec 13 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Dec 14 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Dec 15 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Dec 16 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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| Wk# 51        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Dec 17 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Dec 18 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Dec 19 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Dec 20 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Dec 21 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Dec 22 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Dec 23 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

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| Notes |
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Weekly Physical Fitness Exercise Planner/Log

Week of 2012 Dec 24

| Wk# 52        | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Dec 24 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Dec 25 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Dec 26 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Dec 27 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Dec 28 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Dec 29 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Dec 30 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  |                          |                               |                     |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
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| Notes |
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| Wk# 1         | Muscles Worked | Daily Goals  | Neuromuscular Activities | Cardio-Respiratory Activities | Muscular Activities |
|---------------|----------------|--|--------------------------|-------------------------------|---------------------|
| Mon<br>Dec 31 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Tue<br>Jan 01 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Wed<br>Jan 02 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Thu<br>Jan 03 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Fri<br>Jan 04 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sat<br>Jan 05 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |
| Sun<br>Jan 06 |                | <input type="checkbox"/> 8+ Hrs of Sleep (Recovery)<br><input type="checkbox"/> Meditation (Relaxation)<br><input type="checkbox"/> Full Body Stretching (Flexibility) | Lifestyle Activities     | Cardio Endurance              | Strength            |
|               |                |  | Balance & Coordination   | Speed                         | Power               |

| Body Measurements |  |
|-------------------|--|
| Arm               |  |
| Neck              |  |
| Chest             |  |
| Waist             |  |
| Hips              |  |
| Thigh             |  |
| Resting Pulse     |  |
| Blood Pressure    |  |
| Weight            |  |
| BMI               |  |
| Body Fat %        |  |

| Fitness Measurements    |  |
|-------------------------|--|
| Time to Walk/Run 1-Mile |  |
| # of Pushups            |  |
| # of Sit-Ups            |  |
| # of Pull-Ups           |  |
| # of Squats             |  |

|       |
|-------|
| Notes |
|-------|