



## My Info

## Weekly workout calendar

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Hight: \_\_\_\_\_

Weight: \_\_\_\_\_

Resting HR:  Metabolic Type:

Av. Amount Of Plain Water Per Day:

### 3 Month Goal

A Realistic Goal That With Effort You Will Achieve  
\_\_\_\_\_

### 6 Month Goal

A Goal That Is A Guidepost (But Can Change) From  
The 3 To The 12 Month Goals  
\_\_\_\_\_

### 12 Month Goal

A Realistic Goal For Your Body Where It Will Become  
A Set Point And Operate From  
\_\_\_\_\_

### 3 Main Things I Need To Do:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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