

Fitness Log									
EXERCISE	SET1		SET2		SET3		REST (SECS BETWEEN SETS)	TIME CARDIO EXERCISES	LEVEL CARDIO EXERCISES
	WEIGHT/REPS		WEIGHT/REPS		WEIGHT/REPS				

Fitness Log							
MEAL	FOOD	CALORIE	AMOUNT	PROTEIN	CARB	FAT	BEVERAGES/ AMOUNT
BREAKFAST							
SNACK(1)							
LUNCH							
SNACK(2)							
DINNER							
SNACK(3)							

MEASUREMENTS	CHEST	ARMS	WAIST	HIPS	THIGHS	CALVES	BODY FAT %

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 for additional questions about your log