

## Exercise Log

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

## Food Consumption 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 %

<b>NOTES:</b>	
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## **A FREE Workout Routine**

or

Email me at [weightlossking40@gmail.com](mailto:weightlossking40@gmail.com) for this limited special offer or ANY help with your fitness goals.