



## 2015 Weekly Workout Routine (Paperback)

By Frances P Robinson

Createspace, United States, 2014. Paperback. Book Condition: New. 284 x 212 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The 2015 Weekly Workout Routine is a place to chart most fitness activities for one full year, no matter what type of workout you like to do. Workouts shouldn't be complicated and your record keeping shouldn't be either. Included in each chart you'll find simple measures such as: -Date -Time -Activity -Hours - Minutes -Quantity -Intensity Level (Low, Medium, High) -Distance (If walking, running, swimming, etc.) Before you begin start by setting goals. On the Progress Report write in your current status, what you hope to achieve and final results. This worksheet provides a point of reference to help you reach your desired goals. You have a place to record your desired goal and final Results for the following: -Weight -Blood Pressure -Neck (circumference) -Chest -Waist -Hip -Upper Arm -Thigh -Calf -Additional blank lines for other measures you desire to note Write in your workout activities to help you stay on schedule, accountable and healthy.



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