

Run 4 a Reason presents



**Rough Runners Calendar of Events:**

- A run through the woods 5k, 10k, 15k - 11/12/2017
- Rough Runners Games - 11/19/2017
- Rough Resolution Fatass 50k, 25k - 01/13/2018
- Daufuskie Island Ultra Marathon 25k, 50k - 01/20/2018
- Coastal Georgia Greenway 155 Mile Ultra & Relay - 03/30/2018 - 04/01/2018
- DFL 24 Hour Ultra 3 hour, 6 hour 12 hour, 24 hours - 04/21/2018 - 04/22/2018.
- May the 4th be with you 1 mile run - May 4, 2018
- Rough Runners Games I 2018 - 06/17/2018
- Savannah Sultry Swamp Run 5k, 10k, 20k - 07/28/2018



# RR

## ROUGH RUNNERS

BATTLE ROPES    MOUNTAIN CLIMBERS    BICYCLE KICKS

PUSH UPS    KETTLE BELLS    CRUNCHES

BURPEES    <3 SETS X 20 SECONDS>    SQUATS

PULL UPS    PLANKS    LUNGES

<Planks 3 SETS X 1 min>

# WORKOUT

**You're never too old to set another goal  
or to dream a new dream.**

Expect the Rough Runners workouts to continually grow and mature, just as you do. Exercising has been proven time and again to ward off many health issues, extend life and keep you youthful longer. Exercise and an active lifestyle should not be viewed as a hobby but as a mainstay of your life. Just as you work for a living you should exercise to live.

The whole purpose for the RR workout is for us to find that balance in our lives where we can get the most of our workouts in our busy lives, in the most efficient, safe and fun way. We grow into our workouts.

There is no reason for abandoning your passions as you get older as long as you make the lifestyle commitment to be fitter and healthier your entire adult life. To do that, though, we will have to train smart as we train hard.

We can continue pushing limits, running far, biking far, climbing higher, paddling further as we grow into our forties, fifties, sixties and more. The choice is ours in how we decide to live our lives, daily.

Choose the healthy lifestyle...you're worth it!


This booklet covers two months of workout logs.

You should use it as a means to track your progress. It has been shown that writing out your goals and visualizing them helps you achieve them. Simply saying that you're going to get fitter and healthier is usually not enough. It's easy to lose sight of something when you don't have a clear picture of what it is you want. Write your fitness goals down but don't stop there. Write down also the "why". Why do you want to be fitter and healthier? Doing this will help you begin working out the details, -making a plan that you will follow.

Once you get a routine down for your fitness you will want to change things up some every few months...that will keep you from getting bored of the same old, same old, and give your muscles a different stimulation that will keep them stronger.

Lastly, as you begin plotting out your fitness goals you will have to address your diet. Your food consumption at 25 is going to be very different at 45. As you age, your body becomes less forgiving of shitty food. If you're over 40 you know this well!


# BATTLE ROPE WORKOUT




INFO	HOW TO CREATE A WORKOUT	FITNESS GOAL	REP	REST	SETS
	1. Select 3-4 exercises. 2. Perform as many reps as possible during the selected time. 3. Use the allotted rest time to recover & breathe before going again. <small>Note: Increase the time for more advanced training or decrease for intermediate - beginner.</small>	<b>ADVANCED</b> <b>INTERMEDIATE</b> <b>BEGINNER</b>	60 sec 40 sec 30 sec	30 sec 20 sec 20 sec	4-6 3-4 2-3

HIGH INTENSITY WORKOUT


### GRIPS




Overhand




Handshake




ALTERNATING ARM WAVES




SIDE TO SIDE




DOUBLE ARM WAVES



CLAPPING



ALTERNATING CIRCLES



HIP TO HIP TOSS







FIGURE 8 CIRCLES




ULTIMATE WARRIOR



JUMPING JACKS



DOUBLE ARM SLAM WITH JUMP



UPPPER CUT

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 \*\*STRETCHING RECOMMENDED TO COMPLETE A WORKOUT BEFORE RECEIVING ANY EXERCISE PROGRAM.

[www.FIGHTTHROUGH.com](http://www.FIGHTTHROUGH.com)



Pull up



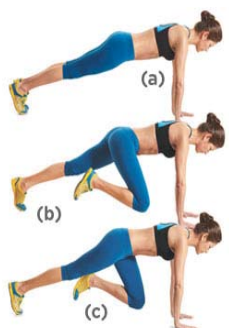
Here, you see pictures and explanations on how to correctly do the exercises we do in the Rough Runners workouts. Doing them correctly is important... it's how we get the most benefit from them and how we minimize the chance of injury.



Forward lunge



Reverse lunge



Mountain climbers



Two ways to do push ups. Pick the version that works best for you.



Squat



Burpee



Plank



Crunch



bicycle kick



Kettle bell

# Rough Runners 2017

Write your goal(s) out and don't forget the why you want this(use a pencil in case you have to refine it from time to time): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

End 2017 Strong!

- Total Running Mileage: \_\_\_\_\_
- Total Biking Mileage: \_\_\_\_\_
- Total Swimming Mileage: \_\_\_\_\_
- Total Rowing Mileage: \_\_\_\_\_



Do at least one race/challenge per month with a firm goal to it.

1. Race name: \_\_\_\_\_ date: \_\_\_\_\_ goal: \_\_\_\_\_
2. Race name: \_\_\_\_\_ date: \_\_\_\_\_ goal: \_\_\_\_\_
3. Race name: \_\_\_\_\_ date: \_\_\_\_\_ goal: \_\_\_\_\_
4. Race name: \_\_\_\_\_ date: \_\_\_\_\_ goal: \_\_\_\_\_
5. Race name: \_\_\_\_\_ date: \_\_\_\_\_ goal: \_\_\_\_\_
6. Race name: \_\_\_\_\_ date: \_\_\_\_\_ goal: \_\_\_\_\_
7. Race name: \_\_\_\_\_ date: \_\_\_\_\_ goal: \_\_\_\_\_
8. Race name: \_\_\_\_\_ date: \_\_\_\_\_ goal: \_\_\_\_\_
9. Race name: \_\_\_\_\_ date: \_\_\_\_\_ goal: \_\_\_\_\_
10. Race name: \_\_\_\_\_ date: \_\_\_\_\_ goal: \_\_\_\_\_
11. Race name: \_\_\_\_\_ date: \_\_\_\_\_ goal: \_\_\_\_\_
12. Race name: \_\_\_\_\_ date: \_\_\_\_\_ goal: \_\_\_\_\_

Try something new every month & write it down! It could be a new food, exercise, run route, dance lesson, etc - keep life interesting!

- |                 |                  |
|-----------------|------------------|
| January: _____  | July: _____      |
| February: _____ | August: _____    |
| March: _____    | September: _____ |
| April: _____    | October: _____   |
| May: _____      | November: _____  |
| June: _____     | December: _____  |

# Week 1

Once a week check your stats Rewrite your goal(s) here: \_\_\_\_\_

Your weight: \_\_\_\_\_

Measurements: \_\_\_\_\_

\_\_\_\_\_ waist

\_\_\_\_\_ bicep

\_\_\_\_\_ thigh

\_\_\_\_\_ calf

Run: \_\_\_\_\_ (you don't

1 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ have to run 7

2 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ days a week

3 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ but if you do

4 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ write it down)

5 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ weekly mile

6 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ total \_\_\_\_\_

7 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

if you don't run substitute "run" for the endurance sport you do.

each set of each movement should be

20-30 seconds long with planks lasting

1 minute per set with 30 second rest in

between sets.

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Make a small note on each skull below when you reach a new milestone.

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Other exercises

exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_

exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_

exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_

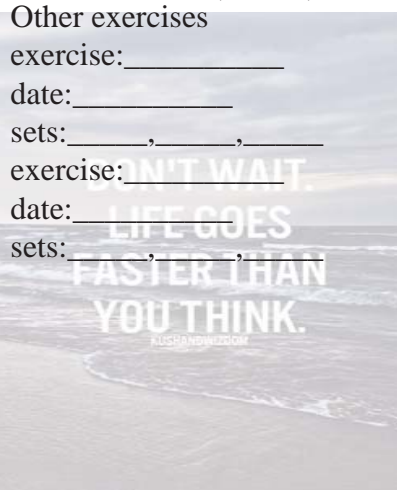
exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_

exercise: \_\_\_\_\_

date: \_\_\_\_\_



## Yoga and Stretching

If you are an active person and I'm pretty sure that you are since you have this booklet then you should seriously consider a good stretching regiment and, yoga will help you with that tremendously and then some!

An ex-girlfriend got me into yoga and that's been the best thing I got from that relationship..well, there were other things too but yoga was the keeper!

Try to work in a weekly session or two of yoga into your schedule. The benefits of yoga are too great to ignore.

Below are a few of the poses to consider if you want to do it on your own...

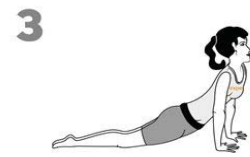
# 9 SIMPLE expertrain YOGA POSES



1 Standing forward bend (Ardha Uttanasana)



2 Camel Pose (Ustrasana)



3 Cobra Pose (Bhujangasana)



4 Seated forward bend (Paschimottasana)



5 Sitting right twist (Ardha Matsyendra-sana right)



6 Bridge Pose (Setu Bandhasana)



7 Plow Pose (Halasana)



8 Right-leg wind-freeing Pose (Pavanamuktasana right)



9 Child Pose (Balasana)



Every six months (June & November) we hold the Rough Runners Games. The RR Games is a good measure to gauge your improvements for the past six months and see how strong and fit you've gotten.

The Games are inexpensive (\$10 entry fee) and the rewards are great.

They're a lot of fun and promote good, fun, healthy competition. Participants will do the following movements and exercises. Aside from the planks, each movement last 1 minute long and in that minute you max out reps. For the planks, you attempt to last for 5 minutes.

You have a three minute rest in between movements

- push up max out
- mountain climbers max out
- lunges max out
- squats max out
- inch worm max out
- burpees max out
- plank blaster 5 minute challenge
- 1 mile sprint
- 1/2 mile run with tire



Top male and female of the RR Games June 2017, Dimitris Newton & Jacy Vergera.



You can register for the November 19th Games at:  
<https://ultrasignup.com/register.aspx?did=48624>

## Food consumption & calorie count

### Monday:

breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_

### Tuesday:

breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_

### Wednesday:

breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_

### Thursday:

breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_

### Friday:

breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_

### Saturday:

breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_

### Sunday:

breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_



Step up your game. one day out of this week give up sugars for that whole day. You can do that! It's not hard. Think about it this way, everyday there are millions of people that don't have the privilege of making such a choice. They simply have no food to eat.

Did you give up sugars for day this week?

yes? \_\_\_\_  
 no? \_\_\_\_



# Week 2

Once a week check your stats Rewrite your goal(s) here: \_\_\_\_\_

Your weight: \_\_\_\_\_  
 Measurements: \_\_\_\_\_  
 \_\_\_\_\_ waist  
 \_\_\_\_\_ bicep  
 \_\_\_\_\_ thigh  
 \_\_\_\_\_ calf

Run: \_\_\_\_\_ (you don't have to run 7 days a week but if you do write it down) weekly mile  
 1 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_  
 2 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_  
 3 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_  
 4 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_  
 5 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_  
 6 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_  
 7 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

if you don't run substitute "run" for the endurance sport you do. each set of each movement should be 20-30 seconds long with planks lasting 1 minute per set with 30 second rest in between sets.

Circuit date: \_\_\_\_\_  
 mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 crunch \_\_\_\_\_, \_\_\_\_\_  
 push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 Circuit date: \_\_\_\_\_  
 mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
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 plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
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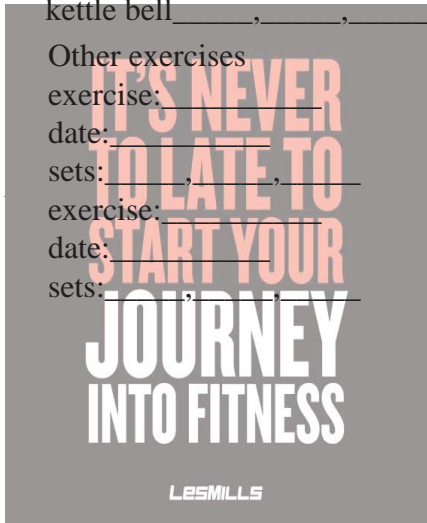
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 plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Other exercises  
 exercise: \_\_\_\_\_  
 date: \_\_\_\_\_  
 sets: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 exercise: \_\_\_\_\_  
 date: \_\_\_\_\_  
 sets: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_



## Food consumption & calorie count

**Monday:**  
 breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_

**Tuesday:**  
 breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_

**Wednesday:**  
 breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_

**Thursday:**  
 breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_

**Friday:**  
 breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_

**Saturday:**  
 breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_

**Sunday:**  
 breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_

Two months completed! Great job... or is it? Did you stick to it?

Are you reaping the benefits of a healthier lifestyle? I hope so!

If you've fallen off the wagon more than a few times these past two months be a little upset but take it easy...it happens.

Remember, we're in for the long haul! Get back up, brush the dust off your feet, throw away that twix and piece of bacon and let's finish off this week like the winners that we are!

Remember what chumbawumba said, "I get knocked down I get up again!"

We'll be singing when we're winning!"



# Week 4

Once a week check your Rewrite your goal(s) here: \_\_\_\_\_

stats \_\_\_\_\_

Your weight: \_\_\_\_\_

Measurements: \_\_\_\_\_

\_\_\_\_\_ waist \_\_\_\_\_

\_\_\_\_\_ bicep \_\_\_\_\_

\_\_\_\_\_ thigh \_\_\_\_\_

\_\_\_\_\_ calf \_\_\_\_\_

Rest heart rate: \_\_\_\_\_

Blood pressure: \_\_\_\_\_

Run:

1 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ (you don't

2 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ have to run 7

3 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ days a week

4 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ but if you do

5 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ write it down)

6 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ weekly mile

7 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ total \_\_\_\_\_

if you don't run substitute "run" for the endurance sport you do. each set of each movement should be 20-30 seconds long with planks lasting 1 minute per set with 30 second rest in between sets.

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

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Make a small note on each skull below when you reach a new milestone.



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pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Other exercises

exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_



# Food consumption & calorie count

**Monday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Tuesday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Wednesday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Thursday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Friday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Saturday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Sunday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

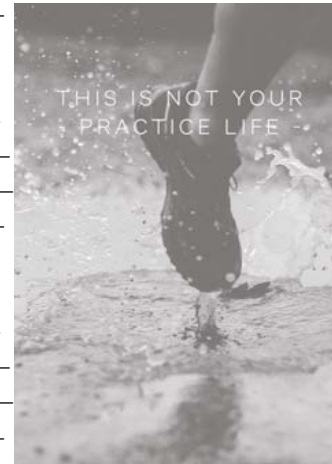
snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_



What one luxury food will you give up for one day this week? Think about it and do it!

So, what did you end up giving up this week for one day?





# Week 3

Once a week check your Rewrite your goal(s) here: \_\_\_\_\_

stats \_\_\_\_\_  
 Your weight: \_\_\_\_\_  
 Measurements: \_\_\_\_\_  
 \_\_\_ waist \_\_\_\_\_  
 \_\_\_ bicep \_\_\_\_\_  
 \_\_\_ thigh \_\_\_\_\_  
 \_\_\_ calf \_\_\_\_\_

Run: \_\_\_\_\_ (you don't have to run 7 days a week but if you do write it down) weekly mile total \_\_\_\_\_  
 1 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_  
 2 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_  
 3 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_  
 4 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_  
 5 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_  
 6 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_  
 7 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

if you don't run substitute "run" for the endurance sport you do. each set of each movement should be 20-30 seconds long with planks lasting 1 minute per set with 30 second rest in between sets.

Circuit date: \_\_\_\_\_  
 mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 crunch \_\_\_\_\_, \_\_\_\_\_  
 push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Make a small note on each skull below when you reach a new milestone.



pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 Circuit date: \_\_\_\_\_  
 mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 crunch \_\_\_\_\_, \_\_\_\_\_  
 push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Circuit date: \_\_\_\_\_  
 mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 crunch \_\_\_\_\_, \_\_\_\_\_  
 push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 Other exercises  
 exercise: \_\_\_\_\_  
 date: \_\_\_\_\_  
 sets: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 exercise: \_\_\_\_\_  
 date: \_\_\_\_\_

**endurance** (noun) the power to withstand pain or hardships; the ability or strength to continue despite fatigue, stress, or other adverse conditions.

## Food consumption & calorie count

**Monday:**  
 breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_  
**Tuesday:**  
 breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_  
**Wednesday:**  
 breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_  
**Thursday:**  
 breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_  
**Friday:**  
 breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_  
**Saturday:**  
 breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_  
**Sunday:**  
 breakfast: \_\_\_\_\_ = \_\_\_\_\_  
 lunch: \_\_\_\_\_ = \_\_\_\_\_  
 dinner: \_\_\_\_\_ = \_\_\_\_\_  
 snacks: \_\_\_\_\_ = \_\_\_\_\_  
 junk food: \_\_\_\_\_ = \_\_\_\_\_



Now, that you've been cutting back on sugars and animal protein start looking at a larger variety of different plant food species to eat.

Eat more legumes and a wider variety of them.  
 Cut back on salt, - a little at first and continue reducing it.  
 Eat almonds, pecans...be a squirrel.

Begin to think about the next foods you should consider reducing from your daily intake such as dairy products.  
 You weren't made to consume cow or goat milk. That's for cows and goats and not humans.  
 Remember that.

**WARNING**  
 Daily Exercise and Healthy Eating leads to Increased Awesomeness



# Week 3

Once a week check your Rewrite your goal(s) here: \_\_\_\_\_

stats \_\_\_\_\_

Your weight: \_\_\_\_\_

Measurements: \_\_\_\_\_

\_\_\_ waist \_\_\_\_\_

\_\_\_ bicep \_\_\_\_\_

\_\_\_ thigh \_\_\_\_\_

\_\_\_ calf \_\_\_\_\_

Rest heart rate: \_\_\_\_\_

Blood pressure: \_\_\_\_\_

if you don't run substitute "run" for the endurance sport you do. each set of each movement should be 20-30 seconds long with planks lasting 1 minute per set with 30 second rest in between sets.

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**Run:** (you don't have to run 7 days a week but if you do write it down) weekly mile total \_\_\_\_\_

1 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

2 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

3 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

4 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

5 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

6 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

7 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

Make a small note on each skull below when you reach a new milestone.

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Other exercises

exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

I've sat up in Bed 365 Days per year for 40 years.



That's 14,600 Sit Ups and not a single Ab Muscle to show for it!

## Food consumption & calorie count

**Monday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Tuesday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Wednesday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Thursday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Friday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Saturday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Sunday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_



Since you've worked so hard so far this week reward yourself with a new food, a healthy one, of course.

Eat an avocado or eat a bunch blueberries. Do it, it's good for you!

I don't know how you like avocados but I like to smother them in olive oil, put some paprika and salt on them and gobble them up! Good stuff! :)



# Week 4

Once a week check your stats Rewrite your goal(s) here: \_\_\_\_\_

stats

Your weight: \_\_\_\_\_

Measurements: \_\_\_\_\_

\_\_\_\_\_ waist

\_\_\_\_\_ bicep

\_\_\_\_\_ thigh

\_\_\_\_\_ calf

Rest heart rate: \_\_\_\_\_

Blood pressure: \_\_\_\_\_

if you don't run substitute "run" for the endurance sport you do. each set of each movement should be 20-30 seconds long with planks lasting 1 minute per set with 30 second rest in between sets.

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Run:

1 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

2 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

3 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

4 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

5 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

6 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

7 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

(you don't have to run 7 days a week but if you do write it down) weekly mile total \_\_\_\_\_

Make a small note on each skull below when you reach a new milestone.

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Other exercises

exercise: \_\_\_\_\_

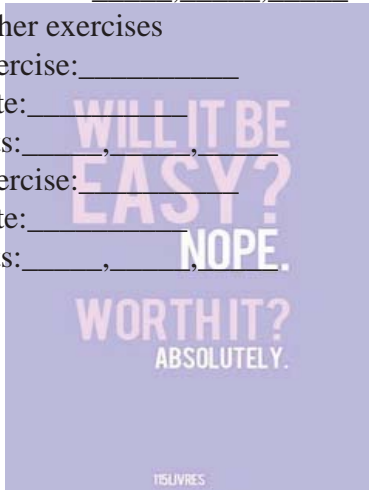
date: \_\_\_\_\_

sets: \_\_\_\_\_

exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_



## Food consumption & calorie count

**Monday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Tuesday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Wednesday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Thursday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Friday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Saturday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Sunday:**

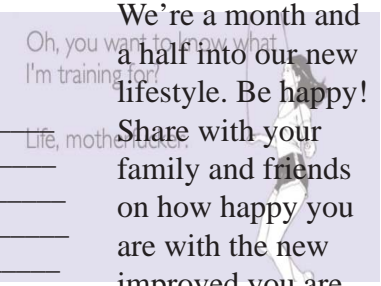
breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

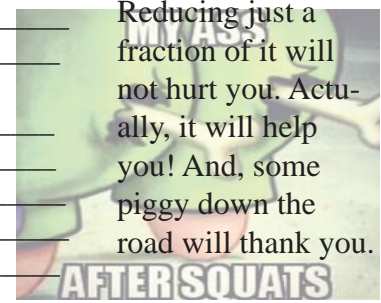


We're a month and a half into our new lifestyle. Be happy! Share with your family and friends on how happy you are with the new improved you are becoming! Keep up the great work! The life time rewards are just beginning!

Now, it's time to start playing hardball. Begin reducing your animal protein intake. Start small and keep it consistent!

If you eat 3 pieces of bacon per day only eat two from now on. Keep that 2 bacon daily intake going for awhile but know that eventually you will give that up entirely.

We Americans eat way too much meat. Reducing just a fraction of it will not hurt you. Actually, it will help you! And, some piggy down the road will thank you.



# Week 2

Once a week check your stats Rewrite your goal(s) here: \_\_\_\_\_

stats \_\_\_\_\_

Your weight: \_\_\_\_\_

Measurements: \_\_\_\_\_

\_\_\_\_\_ waist \_\_\_\_\_

\_\_\_\_\_ bicep \_\_\_\_\_

\_\_\_\_\_ thigh \_\_\_\_\_

\_\_\_\_\_ calf \_\_\_\_\_

Rest heart rate: \_\_\_\_\_

Blood pressure: \_\_\_\_\_

if you don't run substitute "run" \_\_\_\_\_

for the endurance sport you do. \_\_\_\_\_

each set of each movement should be \_\_\_\_\_

20-30 seconds long with planks lasting \_\_\_\_\_

1 minute per set with 30 second rest in \_\_\_\_\_

between sets. \_\_\_\_\_

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Run: \_\_\_\_\_ (you don't

1 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ have to run 7

2 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ days a week

3 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ but if you do

4 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ write it down)

5 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ weekly mile

6 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ total \_\_\_\_\_

7 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

Make a small note on each skull below when you reach a new milestone.



Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Other exercises

exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

exercise: \_\_\_\_\_

date: \_\_\_\_\_



# Food consumption & calorie count

## Monday:

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

## Tuesday:

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

## Wednesday:

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

## Thursday:

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

## Friday:

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

## Saturday:

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

## Sunday:

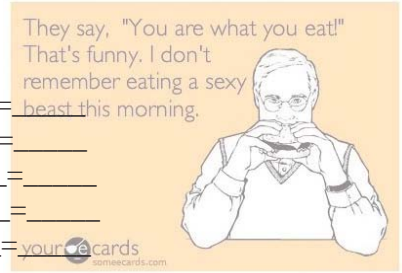
breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

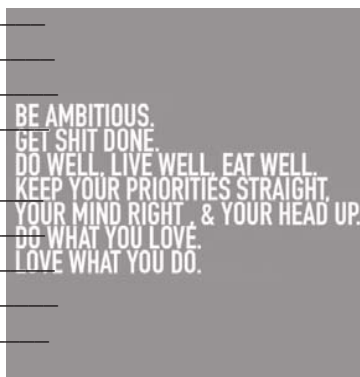
dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_



Fourth week into your lifestyle change! I hope you're feeling better and realize that you're getting fitter! This week, eat at least one banana per day! If you normally drink two or more cups of coffee per day reduce your consumption by one cup. If you drink only one cup, - you're doing great! Keep it up!





# Week 1

Once a week check your stats Rewrite your goal(s) here: \_\_\_\_\_

stats \_\_\_\_\_

Your weight: \_\_\_\_\_

Measurements: \_\_\_\_\_

\_\_\_\_\_ waist \_\_\_\_\_

\_\_\_\_\_ bicep \_\_\_\_\_

\_\_\_\_\_ thigh \_\_\_\_\_

\_\_\_\_\_ calf \_\_\_\_\_

Rest heart rate: \_\_\_\_\_

Blood pressure: \_\_\_\_\_

if you don't run substitute "run" for the endurance sport you do. each set of each movement should be 20-30 seconds long with planks lasting 1 minute per set with 30 second rest in between sets.

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Run:

1 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ (you don't have to run 7

2 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ days a week

3 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ but if you do

4 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ write it down) weekly mile

5 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_ total \_\_\_\_\_

6 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

7 distance \_\_\_\_\_, time \_\_\_\_\_, date \_\_\_\_\_

Make a small note on each skull below when you reach a new milestone.

Circuit date: \_\_\_\_\_

mtn climb \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

burpee \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

lunge \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

squat \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

bike kick \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

crunch \_\_\_\_\_, \_\_\_\_\_

push up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

plank \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

battle rope \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

pull up \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

kettle bell \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Other exercises

exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

exercise: \_\_\_\_\_

date: \_\_\_\_\_

sets: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

I see,  
I want,  
I grind,  
I get.

**STRONGER**  
THAN YESTERDAY

# Food consumption & calorie count

**Monday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Tuesday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Wednesday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Thursday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Friday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Saturday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

**Sunday:**

breakfast: \_\_\_\_\_ = \_\_\_\_\_

lunch: \_\_\_\_\_ = \_\_\_\_\_

dinner: \_\_\_\_\_ = \_\_\_\_\_

snacks: \_\_\_\_\_ = \_\_\_\_\_

junk food: \_\_\_\_\_ = \_\_\_\_\_

Here's a health secret you can share!  
There are no secrets. Just stop eating garbage and lift your ass.

I harp a lot about food, I know. And, believe me, I love food but if you're over 40 and you're serious about a

healthy lifestyle and losing weight you must confront your food intake.

Those days of exercising so you can eat whatever you want are over. After 40, that mindset will keep you fat or make you fatter.

With this new month of training, do something bold! Reduce your sugar intake from now on! If you eat cake every day, now, eat cake every other day.

If you put 5 teaspoons of sugar in your coffee, reduce it by two teaspoons from now on.

You don't need a pat on the back for that either. This is for your own good!

**GOOD NUTRITION RESULTS**