

DATE

MONDAY NUTRITION

→ MY K-COUNT™ TARGETS

MORNING

AFTERNOON

EVENING

Morning

BREAKFAST

TIME

WHAT I ATE

BREAKFAST
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

MORNING
TOTAL

MORNING

Afternoon

LUNCH

TIME

WHAT I ATE

LUNCH
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

AFTERNOON
TOTAL

AFTERNOON

Evening

DINNER

TIME

WHAT I ATE

DINNER
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

EVENING
TOTAL

EVENING

NOTES

Large empty box for notes.

DATE

MONDAY EXERCISE

START TIME

FINISH TIME

40
MINUTES

TARGET TIME

ACTUAL TIME

→ MY TARGET TIME

Chest - Target 20 Minutes

EXERCISE 1 - Target 10 Minutes

- Barbell Bench Press
- Incline Dumbbell Press
- Incline Dumbbell Flye

REPS	WEIGHT	REST (min.)
15		1
10		1
5		1
5		1
10		1
15		1

EXERCISE 2 - Target 10 Minutes

- Barbell Bench Press
- Incline Dumbbell Press
- Incline Dumbbell Flye

REPS	WEIGHT	REST (min.)
15		1
10		1
5		1
5		1
10		1
15		1

Cardio Training - Target 20 Minutes

EXERCISE

- Jogging
- Bicycle
- Stairs
- Elliptical
- Swimming
- Other

TIME

DISTANCE

AVG SPEED

OTHER

NOTES

MY STEADY TARGETS

65%

LOWER TARGET

75%

UPPER TARGET

MY SPIKE TARGETS

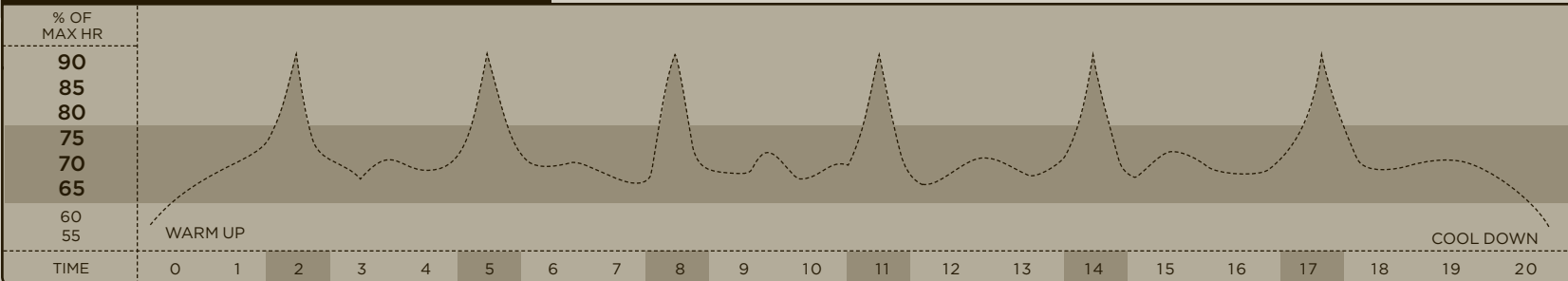
80%

LOWER TARGET

90%

UPPER TARGET

Target Heart Rate



DATE

TUESDAY NUTRITION

→ MY K-COUNT™ TARGETS

MORNING

AFTERNOON

EVENING

Morning

BREAKFAST

TIME

WHAT I ATE

BREAKFAST
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

MORNING
TOTAL

MORNING

Afternoon

LUNCH

TIME

WHAT I ATE

LUNCH
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

AFTERNOON
TOTAL

AFTERNOON

Evening

DINNER

TIME

WHAT I ATE

DINNER
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

EVENING
TOTAL

EVENING

NOTES

DATE

TUESDAY EXERCISE

START
TIMEFINISH
TIME40
MINUTES

TARGET TIME

ACTUAL TIME

→ MY TARGET TIME

Back - Target 20 Minutes

EXERCISE 1 - Target 10 Minutes

- Wide Grip Pulldown
- One-Arm Dumbbell Rows
- Seated Rows

REPS	WEIGHT	REST (min.)
15		1
10		1
5		1
5		1
10		1
15		1

EXERCISE 2 - Target 10 Minutes

- Wide Grip Pulldown
- One-Arm Dumbbell Rows
- Seated Rows

REPS	WEIGHT	REST (min.)
15		1
10		1
5		1
5		1
10		1
15		1

Cardio Training - Target 20 Minutes

EXERCISE

- Jogging
- Bicycle
- Stairs
- Elliptical
- Swimming
- Other

TIME

DISTANCE

AVG SPEED

OTHER

NOTES

MY STEADY TARGETS

65%

LOWER TARGET

75%

UPPER TARGET

MY SPIKE TARGETS

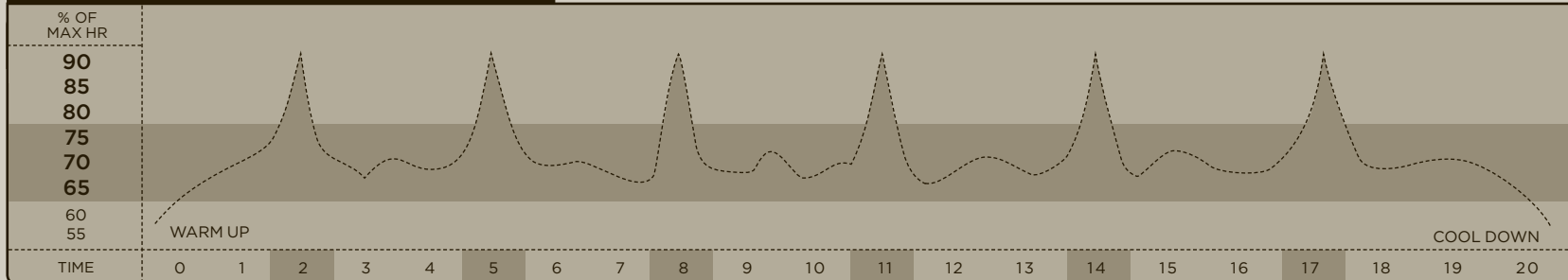
80%

LOWER TARGET

90%

UPPER TARGET

Target Heart Rate



DATE

WEDNESDAY NUTRITION

→ MY K-COUNT™ TARGETS

MORNING

AFTERNOON

EVENING

Morning

BREAKFAST

TIME

WHAT I ATE

BREAKFAST
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

MORNING
TOTAL

MORNING

Afternoon

LUNCH

TIME

WHAT I ATE

LUNCH
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

AFTERNOON
TOTAL

AFTERNOON

Evening

DINNER

TIME

WHAT I ATE

DINNER
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

EVENING
TOTAL

EVENING

NOTES

DATE

WEDNESDAY EXERCISE

START TIME

FINISH TIME

40
MINUTES

TARGET TIME

ACTUAL TIME

→ MY TARGET TIME

Legs - Target 20 Minutes

Quadriceps - Target 10 Minutes

- Barbell Squat
- Dumbbell Squat
- Leg Extension

REPS	WEIGHT	REST (min.)
15		1
10		1
5		1
5		1
10		1
15		1

Hamstrings - Target 10 Minutes

- Dumbbell Lunge
- Dumbbell Deadlift
- Leg Curl

REPS	WEIGHT	REST (min.)
15		1
10		1
5		1
5		1
10		1
15		1

Cardio Training - Target 20 Minutes

EXERCISE

- Jogging
- Bicycle
- Stairs
- Elliptical
- Swimming
- Other

TIME

DISTANCE

AVG SPEED

OTHER

NOTES

MY STEADY TARGETS

65%

LOWER TARGET

75%

UPPER TARGET

MY SPIKE TARGETS

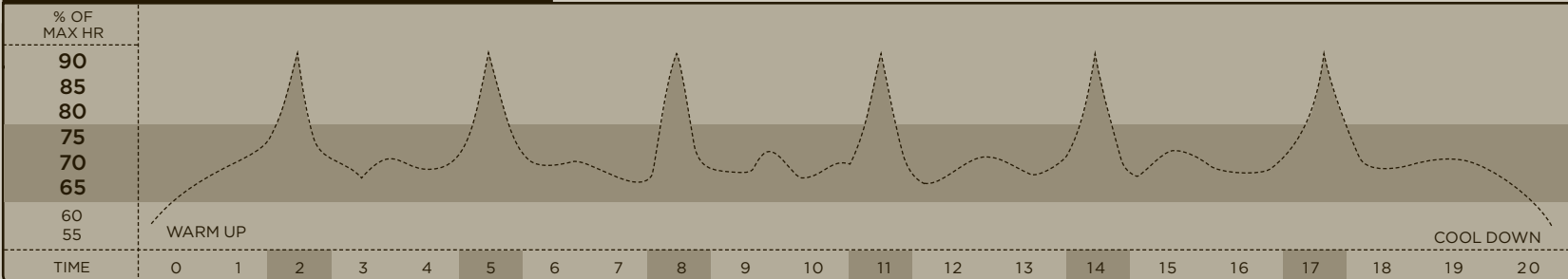
80%

LOWER TARGET

90%

UPPER TARGET

Target Heart Rate



DATE

THURSDAY NUTRITION

→ MY K-COUNT™ TARGETS

MORNING

AFTERNOON

EVENING

Morning

BREAKFAST

TIME

WHAT I ATE

BREAKFAST
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

MORNING
TOTAL

MORNING

Afternoon

LUNCH

TIME

WHAT I ATE

LUNCH
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

AFTERNOON
TOTAL

AFTERNOON

Evening

DINNER

TIME

WHAT I ATE

DINNER
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

EVENING
TOTAL

EVENING

NOTES

DATE

THURSDAY EXERCISE

START
TIMEFINISH
TIME40
MINUTES

TARGET TIME

ACTUAL TIME

→ MY TARGET TIME

Shoulders - Target 20 Minutes

EXERCISE 1 - Target 10 Minutes

- Seated Dumbbell Press
- Side Lateral Raise
- Upright Row

REPS	WEIGHT	REST (min.)
15		1
10		1
5		1
5		1
10		1
15		1

EXERCISE 2 - Target 10 Minutes

- Seated Dumbbell Press
- Side Lateral Raise
- Upright Row

REPS	WEIGHT	REST (min.)
15		1
10		1
5		1
5		1
10		1
15		1

Cardio Training - Target 20 Minutes

EXERCISE

- Jogging
- Bicycle
- Stairs
- Elliptical
- Swimming
- Other

TIME

DISTANCE

AVG SPEED

OTHER

NOTES

MY STEADY TARGETS

65%

LOWER TARGET

75%

UPPER TARGET

MY SPIKE TARGETS

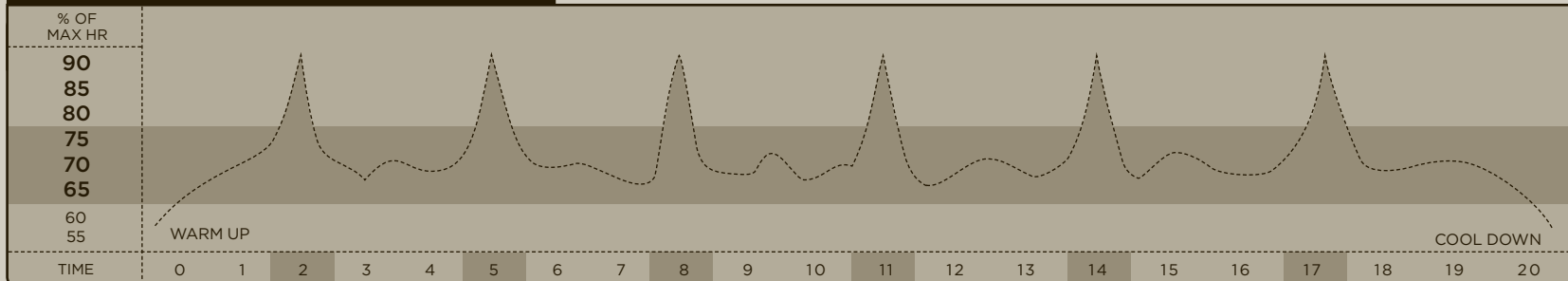
80%

LOWER TARGET

90%

UPPER TARGET

Target Heart Rate



DATE

FRIDAY NUTRITION

→ MY K-COUNT™ TARGETS

MORNING

AFTERNOON

EVENING

Morning

BREAKFAST

TIME

WHAT I ATE

BREAKFAST
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

MORNING
TOTAL

MORNING

Afternoon

LUNCH

TIME

WHAT I ATE

LUNCH
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

AFTERNOON
TOTAL

AFTERNOON

Evening

DINNER

TIME

WHAT I ATE

DINNER
TOTAL

SNACK

TIME

WHAT I ATE

SNACK
TOTAL

EVENING
TOTAL

EVENING

NOTES

Large empty box for notes.

DATE

FRIDAY EXERCISE

START TIME

FINISH TIME

40
MINUTES

TARGET TIME

ACTUAL TIME

→ MY TARGET TIME

Biceps - Target 20 Minutes

EXERCISE 1 - Target 10 Minutes

- Barbell Curl
- Dumbbell Curl
- Hammer Curl

REPS	WEIGHT	REST (min.)
15		1
10		1
5		1
5		1
10		1
15		1

EXERCISE 2 - Target 10 Minutes

- Barbell Curl
- Dumbbell Curl
- Hammer Curl

REPS	WEIGHT	REST (min.)
15		1
10		1
5		1
5		1
10		1
15		1

Cardio Training - Target 20 Minutes

EXERCISE

- Jogging
- Bicycle
- Stairs
- Elliptical
- Swimming
- Other

TIME

DISTANCE

AVG SPEED

OTHER

NOTES

MY STEADY TARGETS

65%
LOWER TARGET

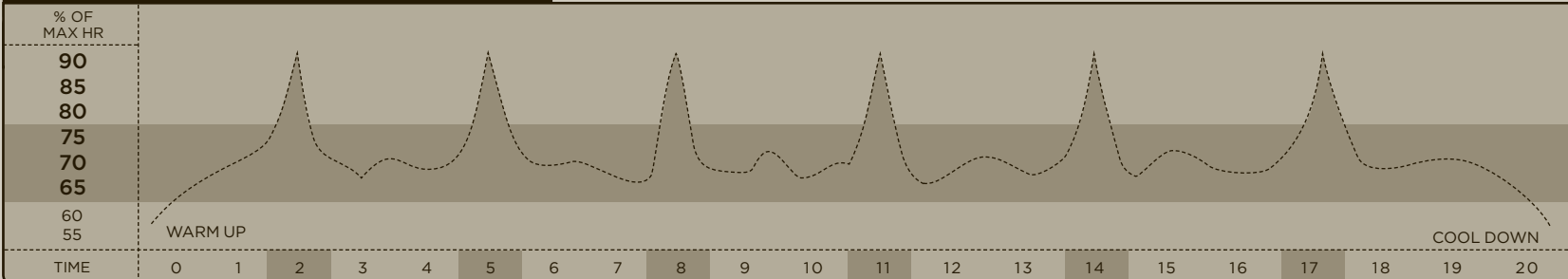
75%
UPPER TARGET

MY SPIKE TARGETS

80%
LOWER TARGET

90%
UPPER TARGET

Target Heart Rate



DATE

SATURDAY NUTRITION

→ MY K-COUNT™ TARGETS

MORNING
AFTERNOON
EVENING

Morning

BREAKFAST

TIME	WHAT I ATE

BREAKFAST TOTAL

SNACK

TIME	WHAT I ATE

SNACK TOTAL

MORNING TOTAL

MORNING

Afternoon

LUNCH

TIME	WHAT I ATE

LUNCH TOTAL

SNACK

TIME	WHAT I ATE

SNACK TOTAL

AFTERNOON TOTAL

AFTERNOON

Evening

DINNER

TIME	WHAT I ATE

DINNER TOTAL

SNACK

TIME	WHAT I ATE

SNACK TOTAL

EVENING TOTAL

EVENING

NOTES

DATE

SATURDAY EXERCISE

START TIME

FINISH TIME

40
MINUTES

TARGET TIME

ACTUAL TIME

→ MY TARGET TIME

Triceps - Target 20 Minutes

EXERCISE 1 - Target 10 Minutes

- Prone Dumbbell Extension
- Overhead Extension
- Bench Dips

REPS	WEIGHT	REST (min.)
15		1
10		1
5		1
5		1
10		1
15		1

EXERCISE 2 - Target 10 Minutes

- Prone Dumbbell Extension
- Overhead Extension
- Bench Dips

REPS	WEIGHT	REST (min.)
15		1
10		1
5		1
5		1
10		1
15		1

Cardio Training - Target 20 Minutes

EXERCISE

- Jogging
- Bicycle
- Stairs
- Elliptical
- Swimming
- Other

TIME

DISTANCE

AVG SPEED

OTHER

NOTES

MY STEADY TARGETS

65%
LOWER TARGET

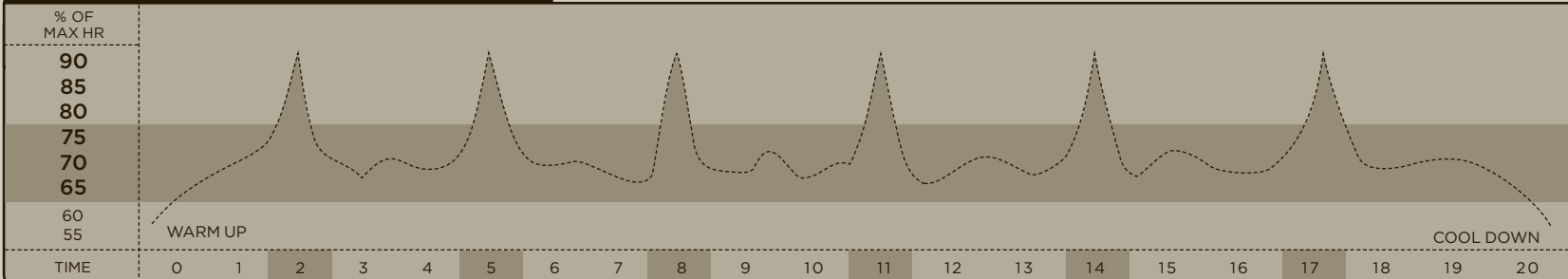
75%
UPPER TARGET

MY SPIKE TARGETS

80%
LOWER TARGET

90%
UPPER TARGET

Target Heart Rate



DATE

SUNDAY NUTRITION

→ MY K-COUNT™ TARGETS

MORNING
AFTERNOON
EVENING

Morning

BREAKFAST

TIME	WHAT I ATE
------	------------

BREAKFAST TOTAL

SNACK

TIME	WHAT I ATE
------	------------

SNACK TOTAL

MORNING TOTAL

MORNING

Afternoon

LUNCH

TIME	WHAT I ATE
------	------------

LUNCH TOTAL

SNACK

TIME	WHAT I ATE
------	------------

SNACK TOTAL

AFTERNOON TOTAL

AFTERNOON

Evening

DINNER

TIME	WHAT I ATE
------	------------

DINNER TOTAL

SNACK

TIME	WHAT I ATE
------	------------

SNACK TOTAL

EVENING TOTAL

EVENING

NOTES