


MEMBER'S NAME: \_\_\_\_\_ DATE/TIME: \_\_\_\_\_

TRAINER: \_\_\_\_\_ GOAL: \_\_\_\_\_

MOVEMENT PREP/ WARM UP	SETS	REPS	WEIGHT	TEMPO	REST	NOTES
1						
2						
3						
4						

PRIMARY MOVEMENTS	SETS	REPS	WEIGHT	TEMPO	REST	NOTES
1						
2						
3						
4						
5						
6						

CARDIO / CONDITIONING	TARGET 	INTENSITY	DURATION	NOTES
1				
2				

COOL DOWN / FLEXIBILITY	SETS	REPS	WEIGHT	TEMPO	REST	NOTES
1						
2						

FOUNDATIONAL / STRENGTH CIR.	SETS	REPS	WEIGHT	TEMPO	REST	NOTES
L PRESS						
L EXT.						
L CURL						
CHEST						
ROW / LAT PULL						
SHOULDER						
ABDOMEN						
LOW BACK						

ROUTINE	MON	TUE	WED	THU	FRI	SAT	SUN
CARDIO DAYS							
RESISTANCE DAYS							
GROUP X / ZONE4 / OTHER							

# YOUR FITNESS JOURNEY

Visualize how you will look and feel throughout the year!

IN YOUR 1<sup>ST</sup> 30 DAYS...

VISIT GOAL IN THE 1<sup>ST</sup> 30 DAYS

MOVEMENT IMPROVEMENT GOAL

BODY COMPOSITION / WEIGHT GOAL

HOW DO YOU WANT TO FEEL?

## NOW

## 1 MONTH

## 3 MONTHS

## 6 MONTHS

## 12 MONTHS

**Movement Focus:**

**# of Visits:**

**Movement Improvement:**

- Learn your routine
- Improve coordination of each movement

**Body Comp/Weight:**

**Body Comp/Weight:**

- Movement score improvement

- More complex/advance exercises

**Body Comp/Weight:**

- Continue to elevate movement score

- Pick new targets and milestones

- Master your movement quality

**Body Comp/Weight:**

- You can't even imagine the person you were a year ago.

- The restricted movement, discomfort during slightest bit of activity, feel of defeat... GONE.

**Body Comp/Weight:**

**Blood Pressure:**

**Resting Heart Rate:**

/BPM

- Improve ability to perform each full range motion

- Feel More Alert
- Higher Energy (with less caffeine)
- Better Posture
- Breathing Better

- Noticeable improvement in posture

- Better fitting clothes
- Confidence & Efficiency with gym routine

- Ready to challenge and approach performance goals with your new foundation

- Health and fitness is a life long journey.

- Our focus is going to be on continuing your path to a healthier lifestyle.

**Sleep:** 😊 😐 😞

**Energy:** 😊 😐 😞

**Stress:** 😊 😐 😞

**Nutrition:** 😊 😐 😞

**Vitamins?** ☐ Y ☐ N

**Food Log?** ☐ Y ☐ N

**Water?**  oz./DAY

**Sleep:** 😊 😐 😞

**Energy:** 😊 😐 😞

**Stress:** 😊 😐 😞

**Nutrition:** 😊 😐 😞

- Weight loss of 4-8lbs
- Noticeable improvement in muscle tone
- Sleep quality should improve

- Weight loss of 12-24lbs

- Increased muscle mass
- Higher resting metabolism
- You are managing your stress much better now.

**Personal Milestone:**

- Weight loss of 24+ lbs.

- Ability to do activities like you did years ago or when you were younger.

**Personal Milestone:**

- Reinforce these good behaviors in other aspects of your life.

- You are ready to achieve something you never thought possible.

**Personal Milestone:**

ONLINE MEAL PLANNING CODE:  onelifefitness.com/mealplanning

We recommend a minimum of 3 hours per week equally divided between cardiovascular exercises and strength exercises to positively influence your long-term health. Increases in intensity should not exceed your ability to safely control the movement.