

Introduction

Tools for Life[®] understands how important it is to keep accurate and consistent records of your training activities. This is why we have developed the Iron Athlete, Inc.[®] Training and Fitness Journal. According to the theory of General Adaptation Syndrome, or GAS, your body will quickly adapt to any stress which is placed on it. While keeping a consistent record of your training activities, you will pinpoint areas of adaptation or strength plateaus and make the necessary changes to ensure continued success.

This journal has been carefully designed to meet the needs of everyone from the fitness enthusiast to the champion bodybuilder. It has pages for recording resistance training, including slots for muscle group exercises, weight, and reps for every set. Because we know that a comprehensive fitness training program should include a combination of resistance training, cardiovascular exercise, and nutrition, each page has designated areas for recording your personal progress in an easy to follow format.

Tools for Life[®] can help you with any of the information needed to fill out this journal such as measurements, body composition or designing your program and customizing your journal. If you are more of a do-it-yourselfer, an excellent reference source is *The Final Edge to Metabolic Control*[™] fitness system, book and video, which can also be obtained from Tools for Life[®]. It will provide you with the knowledge you need to design your own program that includes resistance and cardiovascular training, nutrition, and flexibility.

We hope your training is enhanced with this effective tool and that it helps you reach your goals efficiently. *Remember, there are pages in this journal to record about 8 weeks of training. Inserts for future workout recording can be ordered from Tools for Life[®].* If you have any suggestions on improving this journal to meet your specific needs, don't hesitate to contact us.

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How to Use This Journal

1. Fill out the personal commitment plan. If you don't know your cardiovascular exercise guidelines or need help designing your resistance training program, consult an Iron Athlete, Inc.[®] Fitness Trainer. (contact info in introduction) Tools for Life[®] can also customize your journal with the exercises typed in.

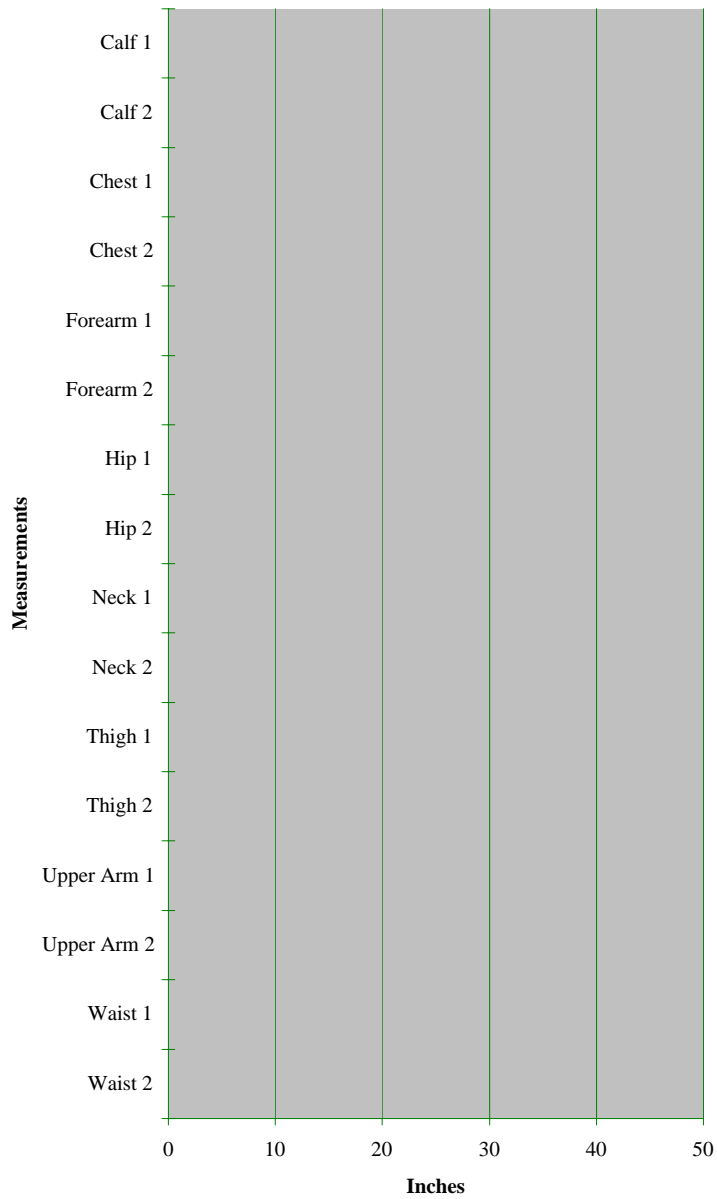
2. Obtain your measurements and body composition and write them in the beginning measurements section. Then plot them on the charts to be compared with your 8 week measurements. This is valuable information that will help you monitor your progress and keep you motivated. An Iron Athlete, Inc.[®] Fitness Trainer, or one at your gym can also help you with this.

3. Use the schedule to plan your workout times during the week. You are much more likely to do your workouts if you have time in the day planned for it. It is a good idea to plan time for meal planning because nutrition is so important, but widely neglected.

4. Use the sample workout to help you fill out the journal for each day's workout.

- a. Mark the date by circling the day, writing the month and circling the date. Write the time and circle a.m. or p.m.
- b. Circle the mode of exercise you used, write in your heart rate and duration. If you are walking, jogging or swimming, it helps to write the distance and pace also.
- c. Record other training by circling the type or writing it in, then writing in the exercises and time or reps.
- d. Record your pre-workout meal by writing in the food consumed and amount. This will help you meet the ratios of carbohydrate, fat, and protein that are right for you. Also keep track of any supplements that you are taking.

Progress Chart for Measurements



Progress can be felt and seen when you are training, however it is much more beneficial to see your progress on paper. Have a certified fitness professional obtain your measurements and body composition data. Then use it to fill out the blank progress charts.

Measurements (inches)



Date	<input type="text"/>	<input type="text"/>
Neck	<input type="text"/>	<input type="text"/>
Chest	<input type="text"/>	<input type="text"/>
Hip	<input type="text"/>	<input type="text"/>
Waist	<input type="text"/>	<input type="text"/>
Thigh	<input type="text"/>	<input type="text"/>
Calf	<input type="text"/>	<input type="text"/>
Upper Arm	<input type="text"/>	<input type="text"/>
Forearm	<input type="text"/>	<input type="text"/>

Body Composition

Skinfolds		
Tricep	<input type="text"/>	<input type="text"/>
Iliac	<input type="text"/>	<input type="text"/>
Thigh	<input type="text"/>	<input type="text"/>
Chest	<input type="text"/>	<input type="text"/>
Abdominal	<input type="text"/>	<input type="text"/>
Thigh	<input type="text"/>	<input type="text"/>
Total	<input type="text"/>	<input type="text"/>
Weight	<input type="text"/>	<input type="text"/>
Fat %	<input type="text"/>	<input type="text"/>
Fat mass	<input type="text"/>	<input type="text"/>
Lean mass	<input type="text"/>	<input type="text"/>

Fat %

Weight

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
Month _____				Time _____	a.m.	p.m.	
1	2	3	4	5	6	7	 
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

Cardiovascular exercise for today:

Aerobics	Treadmill	Stair Climber	Walking / Jogging
Cycle	Other _____		Swimming
Heart Rate _____ b/min	_____ b/10 sec	Miles _____	Laps _____
Duration _____ hours	_____ minutes	Pace _____	

Other training: i.e. interval, circuit, plyometrics

Exercise or Station	Time/Reps	Time/Reps	Time/Reps	Time/Reps

Nutrition:

Pre-workout meal:

Food Item	Amount

Water Intake: _____

Supplements:

Vitamins: _____

Minerals: _____

Protein: _____

Amino acids: _____

Fat Burner: _____

Other: _____

Schedule

	M	T	W	TH	F	S	S
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM							
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Unless you attempt to do something beyond that which you have already mastered, you will never grow.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Month: November	Time: 6 a.m. (p.m.)					
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Cardiovascular exercise for today:

Aerobics **Treadmill** Stair Climber
 Cycle Other _____

Walking / Jogging
 Swimming
 Miles _____

Heart Rate: 149 b/min 25 b/10 sec
 Laps _____

Duration: 1 hours 5 minutes
 Pace _____

Other training: i.e. interval **circuit** plyometrics

Exercise or Station	Time/Reps	Time/Reps	Time/Reps	Time/Reps
Stair Climber	1 minute			
Crunches	30			
Treadmill	1 minute			
Jump Rope	85 jumps			
Cycle	1 minute			
Repeat 5 times				

Nutrition:

Pre-workout meal:

Food Item	Amount
Baked Chicken	5 oz
Mixed Vegetables	2 cups
Cottage Cheese	.5 cup
Whole Wheat Bread	2 Slices
Butter	1 Tbs
1% Milk	2 cups
Water	2 cups

Water Intake: 72 oz

Supplements:

Vitamins: Multi-vitamin

Minerals: _____

Protein: Protein Shake

Amino acids: BCAA's

Fat Burner: _____

Other: _____

Resistance Training	Set 1		Set 2		Set 3		Set 4
Exercises	Wt	Reps	Wt	Reps	Wt	Reps	Wt
Legs							
Leg Press	150	15	200	12	225	10	250
Seated Leg Curl	70	15	80	12	80	12	80
Standing Calf Raise	180	15	200	12	200	11	
Calves							
Standing Calf Raise	180	15	200	12	200	11	
Back							
Seated Row	65	15	75	13	80	11	80
Lat Pulldown	110	13	110	12	110	12	110
Chest							
Barbell Bench Press	135	12	155	12	175	10	205
Pec Deck	40	15	50	12	50	11	
Shoulders							
Shoulder Press	75	15	85	12	85	12	85
Biceps							
Arm Curl	45	15	50	14	55	13	
Triceps							
Dumbbell Kickbacks	15	15	15	15	15	13	
Abs							
Crunches	BW	25	BW	25	BW	25	
Reverse Crunches	BW	25	BW	25	BW	25	
Side Crunches	BW	25	BW	25	BW	25	

Specific notes about this workout: BW = Body Weight
Felt very strong today. Should increase weight on standing calf raise for next session. Increase intensity on treadmill for next cardio session.

Desire is the key to motivation, but it's the determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek.