



Accompanying Workout
and Progress Logs for the
Sensible Physical Fitness
Program

WWW.SENSIBLE-HEALTH-RELATED-FITNESS.COM

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Dear Training Enthusiast,

This PDF document contains the 4 important logs I used for the Sensible Physical Fitness Body Transformation program. They comprise the:

1. Weight Workout Log
2. Cardio Workouts Log
3. Weekly Meals Log
4. Weekly Body-Measurements

For additional information on filling in these logs, please visit:

<http://www.sensible-health-related-fitness.com/workout-log.html>

Wishing you much success with your program!

A handwritten signature in blue ink that reads "Cleto Tirabassi". The signature is written in a cursive style with a long horizontal stroke extending to the right.

Cleto Tirabassi

Sensible Physical Fitness Program - Weight Workout Log *example*

DATE: 25 Jan 2008									
BODYPART: Shoulders									
EXERCISE TYPES		WARM UP SET		SET 1		¹ Intensity	SET 2		*Intensity
		Planned	Actual	Planned	Actual		Planned	Actual	
1 Seated dumbbell-press	Weight	5 kg	5 kg	15 kg	15 kg	--	15 kg	15 kg	--
	Reps	12	15	10	11	10	8	7	10
2 Lateral raises	Weight	5 kg	5 kg	10 kg	8 kg	--	8 kg	8 kg	--
	Reps	12	12	10	9	10	12	10	9

NOTES:
Heavy week. Felt a little fatigued towards the end of the session but happy with effort. Will try adding a little more weight next heavy session.

Sensible Physical Fitness Program – Cardio Workout Log *example*

DATE: 26 Jan 2008										
EXERCISE TYPE	AEROBIC PLAN			WARM UP		WORKOUT		Intensity final sprint	COOL DOWN	
	20-Min	30-Min	Duration	Planned	Actual	Planned	Actual		Planned	Actual
Outdoor run			Duration	2 min	2 min	30 min	32 min	--	2 min	3 min
		✓	*Intensity	5	6	7	7	N.A.	3	3

NOTES:
Great run. Enjoyed it so much I went slightly over the planned time. Took a minute more on my stretching and cooling down (must remember to prepare some music for next time).

¹ In the Training Logs, intensity levels 1-10 correspond to effort.

The Weekly Meal Log *example*

DATE: 26 Jan 2008						MONDAY					
Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6	
Coffee with milk. Bowl of oats with milk and a banana.		200 g low-fat yoghurt		3 eggs (1 yellow) omelet with 2 slices of brown toast. Cappuccino.		Apple, 150 g low-fat rice-pudding.		Baked Perch, baked potato, large green salad. Coffee with milk.		Chocolate protein dessert (blend of 30g whey protein, 50 ml low-fat milk and 1Tsp. Ricotta).	
NOTES: Enjoyed today's meals and felt energized and strong. NB - remember regular glasses of water to keep hydrated.											

DATE: 9 Feb 2008						SATURDAY					
Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6	
Coffee with milk, 200 g low-fat yoghurt		120 g meal-replacement bar		Pasta with tomato and basil, Diet-Cola. Espresso.		, 150 g low-fat rice-pudding. Ice-cream cone.		Large bowl of popcorn.		Bowl of full-cream yoghurt.	
NOTES: A family-day out and about. Mostly ate correctly but enjoyed a couple of my favorite snacks (as part of the flexibility of the program).											

The Weekly Body Measurements Log *example*

WEEKLY MEASUREMENTS						
WEEK	DATE	Weight	Waist	Skin-fold Thickness	Fat %	NOTES:
1	27 Jan 2008	175 lbs	31 inches	8 mm	13%	
2	3 Feb 2008	171.5 lbs	30 inches	7 mm	11.5%	Wow, progress already! Keep it going!
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						

1. Sensible Physical Fitness Program - Weight Workout Log

DATE: _____									
BODYPART: _____									
EXERCISE TYPES		WARM UP SET		SET 1		<i>Intensity</i>	SET 2		<i>Intensity</i>
		Planned	Actual	Planned	Actual		Planned	Actual	
1	<i>Weight</i>					--			--
	<i>Reps</i>								
2	<i>Weight</i>					--			--
	<i>Reps</i>								
BODYPART: _____									
EXERCISE TYPES		WARM UP SET		SET 1		<i>Intensity</i>	SET 2		<i>Intensity</i>
		Planned	Actual	Planned	Actual		Planned	Actual	
1	<i>Weight</i>					--			--
	<i>Reps</i>								
2	<i>Weight</i>					--			--
	<i>Reps</i>								
BODYPART: _____									
EXERCISE TYPES		WARM UP SET		SET 1		<i>Intensity</i>	SET 2		<i>Intensity</i>
		Planned	Actual	Planned	Actual		Planned	Actual	
1	<i>Weight</i>					--			--
	<i>Reps</i>								
2	<i>Weight</i>					--			--
	<i>Reps</i>								
BODYPART: _____									
EXERCISE TYPES		WARM UP SET		SET 1		<i>Intensity</i>	SET 2		<i>Intensity</i>
		Planned	Actual	Planned	Actual				
1	<i>Weight</i>					--		<i>Weight</i>	
	<i>Reps</i>							<i>Reps</i>	
2	<i>Weight</i>					--		<i>Weight</i>	
	<i>Reps</i>							<i>Reps</i>	
NOTES:									

2. Sensible Physical Fitness Program – Cardio Workout Log

DATE: _____										
EXERCISE TYPE	AEROBIC PLAN			WARM UP		WORKOUT		<i>Intensity final sprint</i>	COOL DOWN	
				Planned	Actual	Planned	Actual		Planned	Actual
	20-Min	30-Min	<i>Duration</i>					--		
			<i>Intensity</i>							
NOTES:										

3. Weekly Meal Log

DATE: MONDAY					
Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
NOTES:					

DATE: TUESDAY					
Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
NOTES:					

DATE: WEDNESDAY					
Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
NOTES:					

DATE: THURSDAY					
Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
NOTES:					

DATE: FRIDAY					
Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
NOTES:					

DATE: SATURDAY					
Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
NOTES:					

DATE: SUNDAY					
Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
NOTES:					

4. The Weekly Body-Measurements Log

WEEKLY MEASUREMENTS						
WEEK	DATE	Weight	Waist	Skin-fold thickness	Fat %	NOTES:
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						