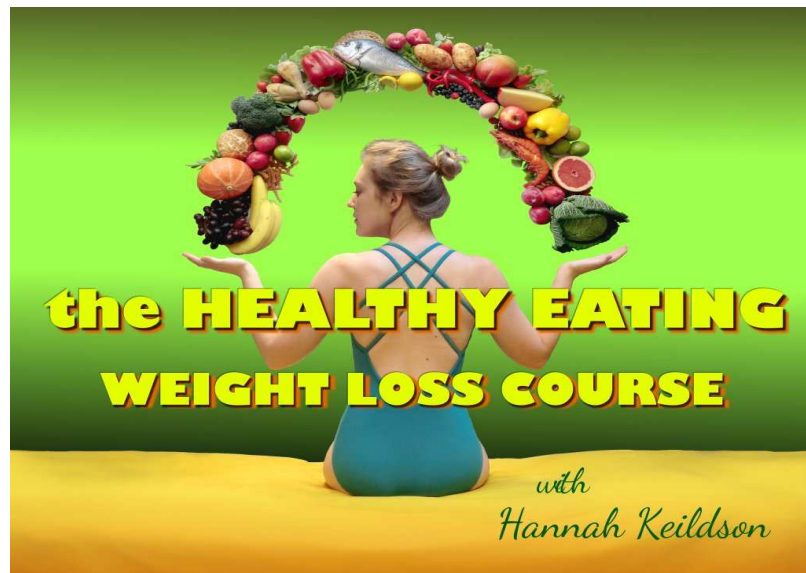




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NAME.....

START DATE.....

START WEIGHT.....

START MEASUREMENTS                      CHEST.....                      WAIST .....                      HIPS.....

6 WEEK TARGET WEIGHT.....

6 WEEK TARGET EVENT.....

EXERCISE PLAN.....

|        | DATE | EXERCISED | HOME<br>WEIGHT | COURSE<br>WEIGHT | CHANGE | NEXT WEEK<br>GOAL WGT |
|--------|------|-----------|----------------|------------------|--------|-----------------------|
| WEEK 2 |      |           |                |                  |        |                       |
| WEEK 3 |      |           |                |                  |        |                       |
| WEEK 4 |      |           |                |                  |        |                       |
| WEEK 5 |      |           |                |                  |        |                       |
| WEEK 6 |      |           |                |                  |        |                       |
| WEEK 7 |      |           |                |                  |        |                       |

NEW MEASUREMENTS                      CHEST.....                      WAIST .....                      HIPS.....