

week end		March 13 , 2011																							
TIME	ACTIVITY	M	M	M	M	M	M	T	T	T	T	T	T	W	W	W	W	W	W	TH	TH	TH	TH	TH	TH
		OD	EN	IT	R/P	SPD	WT	OD	EN	IT	R/P	SPD	WT	OD	EN	IT	R/P	SPD	WT	OD	EN	IT	R/P	SPD	WT
7:00 a.m.	running																								
7:00 a.m.	rowing																								
7:00 a.m.	wts/cal																								
9:15 a.m.	rowing																								
12:00 p.m.	weights																								
12:00 p.m.	swimming																								
6 p.m.	MUH																								
7 p.m.	Step																								
7:00 a.m.	elliptical																								
SUB-TOTAL	WEEK #: 1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
OD	150	these #s may be changed						FR	FR	FR	FR	FR	FR	SA	SA	SA	SA	SA	SA	SU	SU	SU	SU	SU	SU
EN	45	per cycle.						OD	EN	IT	R/P	SPD	WT	OD	EN	IT	R/P	SPD	WT	OD	EN	IT	R/P	SPD	WT
IT	30	running																							
R/P	15	rowing																							
SPD	20	weights/calistheni																							
WT	100	rowing																							
DO NOT ENTER DATA BELOW!!!!!!		weights/calistheni																							
OD	150	swimming																							
EN	45	MUH																							
IT	30	MUH																							
R/P	15	elliptical																							
SPD	20																								
WT	100																								
		SUB-TOTAL						0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast							
Breakfast							
Breakfast							
snack							
snack							
lunch							
lunch							
lunch							
lunch							
lunch							
snack							
snack							
snack							
dinner							
dinner							
dinner							
dinner							
dinner							
dinner							

week end																									
TIME	ACTIVITY	M	M	M	M	M	M	T	T	T	T	T	T	W	W	W	W	W	W	TH	TH	TH	TH	TH	TH
		OD	EN	IT	R/P	SPD	WT	OD	EN	IT	R/P	SPD	WT	OD	EN	IT	R/P	SPD	WT	OD	EN	IT	R/P	SPD	WT
	running																								
	rowing																								
	wts/calisthenics																								
	rowing																								
	weights																								
	swimming																								
	step Bench																								
	elliptical																								
	versa climber																								
SUB-TOTAL		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		these #s may be changed																							
OD	150	per cycle.						FR	FR	FR	FR	FR	FR	SA	SA	SA	SA	SA	SA	SU	SU	SU	SU	SU	SU
EN	45							OD	EN	IT	R/P	SPD	WT	OD	EN	IT	R/P	SPD	WT	OD	EN	IT	R/P	SPD	WT
IT	30	running																							
R/P	15	rowing																							
SPD	20	weights/calisthenics																							
WT	100	rowing																							
DO NOT ENTER DATA BELOW!!!!!!		weights/calisthenics																							
OD	150	swimming																							
EN	45	MUH																							
IT	30	MUH																							
R/P	15	elliptical																							
SPD	20																								
WT	100																								
		SUB-TOTAL						0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0