

Daily fitness assessment

Chart your weight-training progress daily by writing in the specific exercises you'll select from your Personal Fitness Guide. Each time you train, fill in the date and amount of weight lifted each repetition. This will help you keep track of how you're progressing.



Date: ____ / ____ / ____

Make photocopies for additional sheets.

UPPER BODY EXERCISES

	Exercise/Exercise Group/Exercise chosen	Reps	Weight Lifted	Notes
Chest	1. Barbell Bench Press	x12		
	2. Barbell Incline Press	x10		
	3. Dumbbell Bench Press	x 8		
	4. Dumbbell Incline Press	x 6		
	5. Dumbbell Flyes			
	6. Cable Crossovers			
	Fill-in exercise chosen	x12		
	Choose another exercise from the same group	x12		
Back	1. Pull-Ups	x12		
	2. Wide-Grip Lat Pulldowns	x10		
	3. One-Arm Dumbbell Rows	x 8		
	4. Seated Cable Rows	x 6		
	5. Back Extensions			
	6. Straight-Arm Pulldowns			
	Fill-in exercise chosen	x12		
	Choose another exercise from the same group	x12		
Shoulders	1. Seated Dumbbell Press	x12		
	2. Front Raises	x10		
	3. Lateral Raises	x 8		
	4. Reverse Flyes	x 6		
	5. Upright Cable Rows			
	6. Upright Barbell Rows			
	Fill-in exercise chosen	x12		
	Choose another exercise from the same group	x12		
Biceps	1. Alternate Dumbbell Curls	x12		
	2. Barbell Curls	x10		
	3. Preacher Curls	x 8		
	4. Concentration Curls	x 6		
	5. Cable Curls			
	6. Hammer Curls			
	Fill-in exercise chosen	x12		
	Choose another exercise from the same group	x12		
Triceps	1. Seated Triceps Presses	x12		
	2. Lying Triceps Presses	x10		
	3. Triceps Kickbacks	x 8		
	4. Triceps Pushdowns	x 6		
	5. Cable Extensions			
	6. Bench Dips			
	Fill-in exercise chosen	x12		
	Choose another exercise from the same group	x12		

Note: Consult with your physician or health-care provider before commencing any new exercise routine or supplementation program, particularly if you are experiencing any of the common conditions or being treated by a health-care provider for any chronic or medical condition. The information provided here about the upper body chart does not constitute a medical diagnosis or any other form of medical advice. It is for informational purposes only. Always consult your physician or health-care provider before starting any new exercise routine or supplementation program.

See Other Side For Lower Body Exercises.

Body For Life Exercise Sheets

Guillaume Favre



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