

June 2012

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Goals and Objectives for the month:



Start Weight: _____ kg

1 2
Outdoor Activity
Every Saturday, spend time outside, jogging, walking, hiking or cycling.

Notes for New Week:

3 **Tip of the week:** **4**
Spend a couple of sessions with a Personal Trainer to create a Winter program.
Weight: _____ kg

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6

If you haven't started your Winter training yet, start today!

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8
Weight: _____ kg

9
Outdoor Activity:

No. of Gym Sessions: _____

Notes for New Week:

10 **Tip of the week:** **11**
Weight training releases growth hormone, reduces stress and improves fat burning.
Weight: _____ kg

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15
A session on a Friday: improve energy levels & mood!
Weight: _____ kg

16
Outdoor Activity:

No. of Gym Sessions: _____

Notes for New Week:

17 **Tip of the week:** **18**
Incorporate Own Body Weight Strength training into your routine. Visit my website for more.
Weight: _____ kg

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22
Weight: _____ kg

23
Outdoor Activity:

No. of Gym Sessions: _____

Notes for New Week:

24 **Tip of the week:** **25**
Increase protein intake as your gym intensity increases.
Weight: _____ kg

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Ensure that you are getting at least 7 hours sleep every night to let your muscles recover.

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29
End Weight: _____ kg

