

BUY A BRAND NEW COMPOSITION BOOK FOR \$2 AT WALGREENS
 FIRST PAGE, WRITE GOALS, LONG & SHORT

TRY AND CREATE A MANTRA,

WRITE AT BOTTOM 'FAILURE TO PLAN IS PLANNING TO FAIL'
 NEXT PAGE, IT BECOMES A DAILY TO-DO LIST. TRY TO LIST THE NEXT DAYS EVENTS
 THE NIGHT BEFORE AND SPEND TIME VISUALIZING YOUR AGENDA

FLIP THE BOOK OVER TO START YOUR WORKOUT LOG, IT SHOULD LOOK
 SOMETHING LIKE THIS...

S/A PRESS	CABLE CROSS						
FLYES	CABLE CROSS						
UPRIGHT ROWS	FREE WEIGHTS						
S/A FRONT RAISE	FREE WEIGHTS						
DIPS	ROMAN CHAIR						
STANDING TRICEP PERSSDOWN	CABLE MACHINE						

ASSISTED PULLUPS	ROMAN CHAIR						
S/A PREACHER CURL	FREE WEIGHTS						
CLOSE GRIP REVERSE PULLDOWN	CABLE MACHINE						
STANDING DOUBLE BICEP CURL	CABLE MACHINE						
REVERSE FLYES	CABLE MACHINE						
S/A ROW	MACHINE						