

TONY ROBBINS  
The Body You Deserve®

SAMPLE SHEET

Weekly Eating and Exercise Log Week of July 6, 2009

<b>EATING</b> <i>(Check box when principle followed)</i>	1. 70% Water-Rich	2. Food Combining	3. Control Consumption	4. Eat Fruits Correctly	5. Reduce or Eliminate Meat	6. Reduce or Eliminate Dairy	7. Reduce Processed Fats and Oils	8. Reduce or Eliminate Acid Additions	<i>Exercise</i>	CURRENT STATISTICS		
										Resting Heart Rate		76
										Chest 42		Hips 41
										Waist 36		Thighs 24
										TYPE	INTENSITY	DURATION
MONDAY	✓	✓	✓	✓	✓	✓	✓	✓	✓	Rowing Machine	122	12 warm-up 20 training <u>12 warm-down</u> 44 Min. Total
TUESDAY		✓	✓	✓	✓				✓	Slow Jog	120	12 warm-up 20 training <u>12 warm-down</u> 44 Min. Total
WEDNESDAY	✓		✓	✓	✓	✓	✓	✓	✓	Rowing Machine	122	12 warm-up 20 training <u>12 warm-down</u> 44 Min. Total
THURSDAY	✓	✓	✓	✓	✓	✓	✓	✓	✓	Slow Jog	120	12 warm-up 20 training <u>12 warm-down</u> 44 Min. Total
FRIDAY		✓	✓	✓	✓	✓			✓	Rowing Machine	122	12 warm-up 20 training <u>12 warm-down</u> 44 Min. Total
SATURDAY	✓	✓	✓	✓	✓	✓	✓	✓	✓	Tennis	it varied	12 warm-up 36 training <u>12 warm-down</u> 60 Min. Total
SUNDAY	✓		✓		✓	✓	✓	✓	✓	Nothing	—	—

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Weekly Eating and Exercise Log Week of \_\_\_\_\_

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