

Appendix D

Workout Journal

D

THE **BODY**
SCULPTING
BIBLE
FOR **WOMEN**

BREAK-IN ROUTINE #1

Daily Workout Journal

Week Day

	Exercise	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	
	Main (Alternate)		Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	
Group 1								Group 1
Group 2								Group 2
Group 3								Group 3
Group 4								Group 4
Abs								Abs
Cardio	Cardio Activity:	Notes:						Notes
	Average Heart Rate:							
	Duration:							

BREAK-IN ROUTINE #2

Daily Workout Journal

Week Day

Exercise		Rest	Set 1		Set 2		Set 3		Set 4		Set 5	
Main (Alternate)			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Group 1												
Group 2												
Group 3												
Group 4												
Abs												
Cardio	Cardio Activity:					Notes:						
	Average Heart Rate:											
	Duration:											

14-DAY BODY SCULPTING WORKOUT #1

Daily Workout Journal

 Week Day

Exercise		Rest	Set 1		Set 2		Set 3		Set 4		Set 5		
Main (Alternate)			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Group 1													Group 1
Group 2													Group 2
Group 3													Group 3
Group 4													Group 4
Abs													Abs
Cardio	Cardio Activity:					Notes:							Notes
	Average Heart Rate:												
	Duration:												

14-DAY BODY SCULPTING WORKOUT #2

Daily Workout Journal

 Week Day

		Exercise	Rest	Set 1		Set 2		Set 3		Set 4		Set 5			
		Main (Alternate)		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight		
Group 1															Group 1
Group 2															Group 2
Group 3															Group 3
Group 4															Group 4
Abs															Abs
Cardio		Cardio Activity:												Notes	
		Average Heart Rate:													
		Duration:													

14-DAY BODY SCULPTING WORKOUT #3

Daily Workout Journal

 Week Day

Exercise		Rest	Set 1		Set 2		Set 3		Set 4		Set 5		
Main (Alternate)			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Group 1													Group 1
Group 2													Group 2
Group 3													Group 3
Group 4													Group 4
Abs													Abs
Cardio	Cardio Activity:					Notes:							Notes
	Average Heart Rate:												
	Duration:												

14-DAY RAPID BODY SCULPTING WORKOUT #1

Daily Workout Journal

 Week Day

		Exercise	Rest	Set 1		Set 2		Set 3		Set 4		Set 5			
		Main (Alternate)		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight		
Group 1															Group 1
Group 2															Group 2
Group 3															Group 3
Group 4															Group 4
Abs															Abs
Cardio		Cardio Activity:												Notes	
		Average Heart Rate:													
		Duration:													

14-DAY RAPID BODY SCULPTING WORKOUT #2

Daily Workout Journal

Week Day

Exercise		Rest	Set 1		Set 2		Set 3		Set 4		Set 5	
Main (Alternate)			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Group 1												
Group 2												
Group 3												
Group 4												
Abs												
Cardio	Cardio Activity:					Notes:						
	Average Heart Rate:											
	Duration:											

14-DAY ADVANCED BODY SCULPTING WORKOUT #1

Daily Workout Journal

 Week Day

		Exercise	Rest	Set 1		Set 2		Set 3		Set 4		Set 5			
		Main (Alternate)		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight		
Group 1															Group 1
Group 2															Group 2
Group 3															Group 3
Group 4															Group 4
Abs															Abs
Cardio	Cardio Activity:														Notes
	Average Heart Rate:														
	Duration:														

14-DAY ADVANCED BODY SCULPTING WORKOUT #2

Daily Workout Journal

Week Day

	Exercise	Rest	Set 1		Set 2		Set 3		Set 4		Set 5		
	Main (Alternate)		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Group 1													Group 1
Group 2													Group 2
Group 3													Group 3
Group 4													Group 4
Abs													Abs
Cardio	Cardio Activity:												Notes
	Average Heart Rate:												
	Duration:												

14-DAY BODY SCULPTING DEFINITION WORKOUT

Daily Workout Journal

Week Day

Exercise		Rest	Set 1		Set 2		Set 3		Set 4		Set 5	
Main (Alternate)			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Group 1												
Group 2												
Group 3												
Group 4												
Abs												
Cardio	Cardio Activity:											
	Average Heart Rate:											
	Duration:											
Notes:												
Notes												

14-DAY BODYWEIGHT BODY SCULPTING WORKOUT

Daily Workout Journal

Week Day

Exercise		Rest	Set 1		Set 2		Set 3		Set 4		Set 5		
Main (Alternate)			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Group 1													Group 1
Group 2													Group 2
Group 3													Group 3
Group 4													Group 4
Abs													Abs
Cardio	Cardio Activity:					Notes:							Notes
	Average Heart Rate:												
	Duration:												

Appendix E

Nutrition Journal

E

THE **BODY**
SCULPTING
BIBLE
FOR **WOMEN**

Daily Nutrition Journal

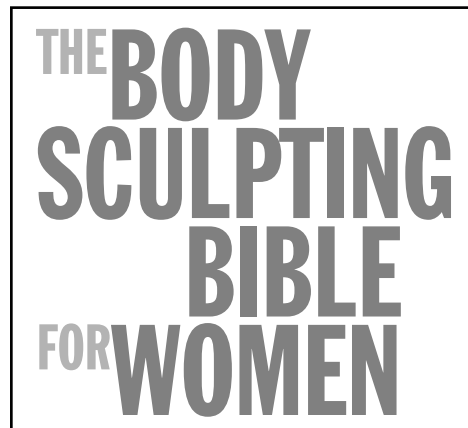
Week Day

	Food	Serving Size	Calories	Carbs (grams)	Protein (grams)	Fat (grams)	
Meal 1							Meal 1
Meal 2							Meal 2
Meal 3							Meal 3
Meal 4							Meal 4
Meal 5							Meal 5
Total							

Appendix G

Grocery Shopping List

G



Note: Eat a meal prior to going grocery shopping to ensure that you don't buy junk foods. Another strategy is to do your grocery shopping on Sundays, when you are allowed to eat whatever you want for one meal.

Obviously, you do not need to purchase all of the items on this grocery list. We provide it as a reminder of the types of foods that your shopping list should include.

CARBOHYDRATES

Brown rice
Chickpeas
Cream of rice
Yams (sweet potatoes)
Whole wheat bread
Plain oatmeal (old fashion, not instant)
Corn
Baking potato
Pita bread
Lentils
Grits
Fruits
Fresh green vegetables

PROTEINS

Chicken breasts (avoid deli meats; they are high in sodium and low in protein)
Turkey breasts (avoid deli meats; they are high in sodium and low in protein)
Water-packed Tuna
White fish
Eggs
Halibut
Cod
Round steak
Top sirloin

FATS

Flaxseed Oil

SUPPLEMENTS

Vitamin and mineral formula
Vitamin C
Chromium picolinate
Fish oil capsules (if you don't use flaxseed oil)
Meal replacement powders
Whey protein powders
Protein bars
Creatine
Glutamine

DAIRY

Skim Milk

MISCELLANEOUS ITEMS

Garlic powder (for flavoring)
Onion powder (for flavoring)
Balsamic vinegar
Crystal light
Any sugar-free and salt-free seasoning

(Photocopy these pages for your own personal use)