



Your 12-Week Training-*for*-LIFE™ Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Day 1 Upper Body Weight Training	Day 2 20-Minute Aerobics Solution	Day 3 Lower Body Weight Training	Day 4 20-Minute Aerobics Solution	Day 5 Upper Body Weight Training	Day 6 20-Minute Aerobics Solution	Day 7 Free Day
Week 2	Day 8 Lower Body Weight Training	Day 9 20-Minute Aerobics Solution	Day 10 Upper Body Weight Training	Day 11 20-Minute Aerobics Solution	Day 12 Lower Body Weight Training	Day 13 20-Minute Aerobics Solution	Day 14 Free Day
Week 3	Day 15 Upper Body Weight Training	Day 16 20-Minute Aerobics Solution	Day 17 Lower Body Weight Training	Day 18 20-Minute Aerobics Solution	Day 19 Upper Body Weight Training	Day 20 20-Minute Aerobics Solution	Day 21 Free Day
Week 4	Day 22 Lower Body Weight Training	Day 23 20-Minute Aerobics Solution	Day 24 Upper Body Weight Training	Day 25 20-Minute Aerobics Solution	Day 26 Lower Body Weight Training	Day 27 20-Minute Aerobics Solution	Day 28 Free Day
Week 5	Day 29 Upper Body Weight Training	Day 30 20-Minute Aerobics Solution	Day 31 Lower Body Weight Training	Day 32 20-Minute Aerobics Solution	Day 33 Upper Body Weight Training	Day 34 20-Minute Aerobics Solution	Day 35 Free Day
Week 6	Day 36 Lower Body Weight Training	Day 37 20-Minute Aerobics Solution	Day 38 Upper Body Weight Training	Day 39 20-Minute Aerobics Solution	Day 40 Lower Body Weight Training	Day 41 20-Minute Aerobics Solution	Day 42 Free Day
Week 7	Day 43 Upper Body Weight Training	Day 44 20-Minute Aerobics Solution	Day 45 Lower Body Weight Training	Day 46 20-Minute Aerobics Solution	Day 47 Upper Body Weight Training	Day 48 20-Minute Aerobics Solution	Day 49 Free Day
Week 8	Day 50 Lower Body Weight Training	Day 51 20-Minute Aerobics Solution	Day 52 Upper Body Weight Training	Day 53 20-Minute Aerobics Solution	Day 54 Lower Body Weight Training	Day 55 20-Minute Aerobics Solution	Day 56 Free Day
Week 9	Day 57 Upper Body Weight Training	Day 58 20-Minute Aerobics Solution	Day 59 Lower Body Weight Training	Day 60 20-Minute Aerobics Solution	Day 61 Upper Body Weight Training	Day 62 20-Minute Aerobics Solution	Day 63 Free Day
Week 10	Day 64 Lower Body Weight Training	Day 65 20-Minute Aerobics Solution	Day 66 Upper Body Weight Training	Day 67 20-Minute Aerobics Solution	Day 68 Lower Body Weight Training	Day 69 20-Minute Aerobics Solution	Day 70 Free Day
Week 11	Day 71 Upper Body Weight Training	Day 72 20-Minute Aerobics Solution	Day 73 Lower Body Weight Training	Day 74 20-Minute Aerobics Solution	Day 75 Upper Body Weight Training	Day 76 20-Minute Aerobics Solution	Day 77 Free Day
Week 12	Day 78 Lower Body Weight Training	Day 79 20-Minute Aerobics Solution	Day 80 Upper Body Weight Training	Day 81 20-Minute Aerobics Solution	Day 82 Lower Body Weight Training	Day 83 20-Minute Aerobics Solution	Day 84 Free Day

The Eating-*for*-LIFE Method

Daily Progress Report



Date:

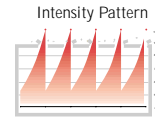
Total portions of protein: 6
 Total portions of carbs: 6
 Total cups of water: 10

Total portions of protein:
 Total portions of carbs:
 Total cups of water:

PLAN	
Meal 1	
<input type="checkbox"/> a.m.	
<input type="checkbox"/> p.m.	
Meal 2	
<input type="checkbox"/> a.m.	
<input type="checkbox"/> p.m.	
Meal 3	
<input type="checkbox"/> a.m.	
<input type="checkbox"/> p.m.	
Meal 4	
<input type="checkbox"/> a.m.	
<input type="checkbox"/> p.m.	
Meal 5	
<input type="checkbox"/> a.m.	
<input type="checkbox"/> p.m.	
Meal 6	
<input type="checkbox"/> a.m.	
<input type="checkbox"/> p.m.	

ACTUAL	
Meal 1	
<input type="checkbox"/> a.m.	
<input type="checkbox"/> p.m.	
Meal 2	
<input type="checkbox"/> a.m.	
<input type="checkbox"/> p.m.	
Meal 3	
<input type="checkbox"/> a.m.	
<input type="checkbox"/> p.m.	
Meal 4	
<input type="checkbox"/> a.m.	
<input type="checkbox"/> p.m.	
Meal 5	
<input type="checkbox"/> a.m.	
<input type="checkbox"/> p.m.	
Meal 6	
<input type="checkbox"/> a.m.	
<input type="checkbox"/> p.m.	

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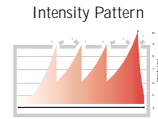
Date:	Planned Start Time:	Actual Start Time:
Upper Body Workout	Planned End Time:	Actual End Time:
	Time to Complete: 46 minutes	Total Time:

Upper Body Muscle Groups	Exercise	PLAN				ACTUAL			
		Reps	Weight (lbs)	Minutes Between Sets	Intensity Level	Reps	Weight (lbs)	Minutes Between Sets	Intensity Level
Chest		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				
Shoulders		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				
Back		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				
Triceps		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				
At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go.									
Biceps		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		-	10				

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The 20-Minute Aerobics Solution™

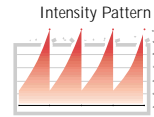
Daily Progress Report



Date:	Planned Start Time:	Actual Start Time:
Aerobic Workout	Planned End Time:	Actual End Time:
	Time to Complete: 20 minutes	Total Time:

Exercise	PLAN		Exercise	ACTUAL	
	Minute by Minute	Intensity Level		Minute by Minute	Intensity Level
	1	5		1	
	2	5		2	
	3	6		3	
	4	7		4	
	5	8		5	
	6	9		6	
	7	6		7	
	8	7		8	
	9	8		9	
	10	9		10	
	11	6		11	
	12	7		12	
	13	8		13	
	14	9		14	
	15	6		15	
	16	7		16	
	17	8		17	
High Point	18	9	High Point	18	
	19	10		19	
	20	5		20	

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Date:	Planned Start Time:	Actual Start Time:
Lower Body Workout	Planned End Time:	Actual End Time:
	Time to Complete: 42 minutes	Total Time:

Lower Body Muscle Groups	Exercise	PLAN				ACTUAL			
		Reps	Weight (lbs)	Minutes Between Sets	Intensity Level	Reps	Weight (lbs)	Minutes Between Sets	Intensity Level
Quads		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				
Hamstrings		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				
Calves		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				
At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go.									
Abs		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		1	9				
		12		-	10				

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