



Day 1

Day 35

Body Fat =

Ave. Cals (P/C/F) for the month: Cals = _____ P= _____ % C= _____ % F= _____ %

Training Block 1

Day 1 DATE _____ One on One - Vol 1 Thirty Fifteen (60m) HR _____ P90x Ab Ripper X (16m) HR _____	Day 2 DATE _____ One on One - Vol 1 Plyo Legs (64m) HR _____	Day 3 DATE _____ One on One - Vol 1 Just Arms (47m) HR _____ One on One - Vol 1 Killer Abs(25m) HR _____	Day 4 DATE _____ One on One - Vol 1 Fountain of Youth (48m) HR _____	Day 5 DATE _____ One on One - Vol 1 Diamond Delts (37m) HR _____ One on One - Vol 1 Med Ball Cardio(37m) HR _____	Day 6 DATE _____ Run Distance _____ OR Insanity Max Interval Circuit (59m) HR _____	Day 7 DATE _____ Day Off
Day 8 DATE _____ One on One - Vol 1 Thirty Fifteen (60m) HR _____ P90x Ab Ripper X (16m) HR _____	Day 9 DATE _____ One on One - Vol 1 Plyo Legs (64m) HR _____	Day 10 DATE _____ One on One - Vol 1 Just Arms (47m) HR _____ One on One - Vol 1 Killer Abs(25m) HR _____	Day 11 DATE _____ One on One - Vol 1 Fountain of Youth (48m) HR _____	Day 12 DATE _____ One on One - Vol 1 Diamond Delts (37m) HR _____ One on One - Vol 1 Med Ball Cardio(37m) HR _____	Day 13 DATE _____ Run Distance _____ OR Insanity Max Interval Circuit (59m) HR _____	Day 14 DATE _____ Day Off
Day 15 DATE _____ One on One - Vol 3 Chest, Back, & Balls (60m) HR _____ One on One - Vol 3 ARX2 (47m) HR _____	Day 16 DATE _____ One on One - Vol 3 Plyocide (66m) HR _____	Day 17 DATE _____ One on One - Vol 3 Shoulder&Arms:MC2 (58m) HR _____ One on One - Vol 1 Killer Abs (25m) HR _____	Day 18 DATE _____ One on One - Vol 3 Yoga: MC2 (63m) HR _____	Day 19 DATE _____ One on One - Vol 3 Base and Back (51m) HR _____ One on One - Vol 1 Med Ball Cardio(37m) HR _____	Day 20 DATE _____ Run Distance _____ OR Insanity Max Cardio Conditioning (47m) HR _____	Day 21 DATE _____ Day Off
Day 22 DATE _____ One on One - Vol 3 Chest, Back, & Balls (60m) HR _____ One on One - Vol 3 ARX2 (47m) HR _____	Day 23 DATE _____ One on One - Vol 3 Plyocide (66m) HR _____	Day 24 DATE _____ One on One - Vol 3 Shoulder&Arms:MC2 (58m) HR _____ One on One - Vol 1 Killer Abs (25m) HR _____	Day 25 DATE _____ One on One - Vol 3 Yoga: MC2 (63m) HR _____	Day 26 DATE _____ One on One - Vol 3 Base and Back (51m) HR _____ One on One - Vol 1 Med Ball Cardio(37m) HR _____	Day 27 DATE _____ Run Distance _____ OR Insanity Max Cardio Conditioning (47m) HR _____	Day 28 DATE _____ Day Off
Day 29 DATE _____ One on One - Vol 1 Mammoth UML (57m) HR _____	Day 30 DATE _____ One on One - Vol 1 Super Cardio 5-6 Plus (47m) HR _____	Day 31 DATE _____ P90X Core Synergiastics (58m) HR _____	Day 32 DATE _____ One on One - Vol 1 Fountain of Youth (48m) HR _____	Day 33 DATE _____ One on One - Vol 1 Power90 Road Warrior (54m) HR _____	Day 34 DATE _____ One on One, Vol 1 Results 4 Recovery (38m) HR _____	Day 35 DATE _____ Day Off

Notes

Worksheets Completed by:
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Day 36

Day 70

Body Fat =

Ave. Cals (P/C/F) for the month: Cals = _____ P= _____% C= _____% F= _____%

Training Block 2

Day 36 DATE _____ One on One - Vol 1 Thirty Fifteen (60m) HR _____ P90x Ab Ripper X (16m) HR _____	Day 37 DATE _____ One on One - Vol 1 Plyo Legs (64m) HR _____	Day 38 DATE _____ One on One - Vol 1 Just Arms (47m) HR _____ One on One - Vol 1 Killer Abs(25m) HR _____	Day 39 DATE _____ One on One - Vol 1 Fountain of Youth (48m) HR _____	Day 40 DATE _____ One on One - Vol 1 Diamond Delts (37m) HR _____ One on One - Vol 3 ARX2 (47m) HR _____	Day 41 DATE _____ Run Distance _____ OR Insanity Max Interval Circuit (59m) HR _____	Day 42 DATE _____ Day Off
Day 43 DATE _____ One on One - Vol 3 Chest, Back, & Balls (60m) HR _____ P90x Ab Ripper X (16m) HR _____	Day 44 DATE _____ One on One - Vol 3 Plyocide (66m) HR _____	Day 45 DATE _____ One on One - Vol 3 Shoulder&Arms:MC2 (58m) HR _____ One on One - Vol 1 Killer Abs (25m) HR _____	Day 46 DATE _____ One on One - Vol 3 Yoga: MC2 (63m) HR _____	Day 47 DATE _____ One on One - Vol 3 Base and Back (51m) HR _____ One on One - Vol 1 Med Ball Cardio(37m) HR _____	Day 48 DATE _____ Run Distance _____ OR Insanity Max Cardio Conditioning (47m) HR _____	Day 49 DATE _____ Day Off
Day 50 DATE _____ One on One - Vol 1 Thirty Fifteen (60m) HR _____ P90x Ab Ripper X (16m) HR _____	Day 51 DATE _____ One on One - Vol 1 Plyo Legs (64m) HR _____	Day 52 DATE _____ One on One - Vol 1 Just Arms (47m) HR _____ One on One - Vol 1 Killer Abs(25m) HR _____	Day 53 DATE _____ One on One - Vol 1 Fountain of Youth (48m) HR _____	Day 54 DATE _____ One on One - Vol 1 Diamond Delts (37m) HR _____ One on One - Vol 3 ARX2 (47m) HR _____	Day 55 DATE _____ Run Distance _____ OR Insanity Max Interval Circuit (59m) HR _____	Day 56 DATE _____ Day Off
Day 57 DATE _____ One on One - Vol 3 Chest, Back, & Balls (60m) HR _____ P90x Ab Ripper X (16m) HR _____	Day 58 DATE _____ One on One - Vol 3 Plyocide (66m) HR _____	Day 59 DATE _____ One on One - Vol 3 Shoulder&Arms:MC2 (58m) HR _____ One on One - Vol 1 Killer Abs (25m) HR _____	Day 60 DATE _____ One on One - Vol 3 Yoga: MC2 (63m) HR _____	Day 61 DATE _____ One on One - Vol 3 Base and Back (51m) HR _____ One on One - Vol 1 Med Ball Cardio(37m) HR _____	Day 62 DATE _____ Run Distance _____ OR Insanity Max Cardio Conditioning (47m) HR _____	Day 63 DATE _____ Day Off
Day 64 DATE _____ One on One - Vol 1 Mammoth UML (57m) HR _____	Day 65 DATE _____ One on One - Vol 1 Super Cardio 5-6 Plus (47m) HR _____	Day 66 DATE _____ P90X Core Synergiastics (58m) HR _____	Day 67 DATE _____ One on One - Vo 1 Fountain of Youth (48m) HR _____	Day 68 DATE _____ One on One - Vol13 Power90 Road Warrior (54m) HR _____	Day 69 DATE _____ One on One, Vol 3 Stretch & Recovery (70m) HR _____	Day 70 DATE _____ Day Off

Notes

Worksheets Completed by:

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