

INSANITY**THE ASYLUM**

Day 1

Day 28

Body Fat =

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

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
DATE _____ Speed & Agility (45m) HR _____ Relief (25m) HR _____	DATE _____ Strength (50m) HR _____ Relief (25m) HR _____	DATE _____ Back to Core (45m) HR _____ Relief (25m) HR _____	DATE _____ Vertical Plyo (40m) HR _____ Relief (25m) HR _____	DATE _____ REST DAY OR Relief (25m) HR _____	DATE _____ Speed & Agility (45m) HR _____ Relief (25m) HR _____	DATE _____ Strength (50m) HR _____ Relief (25m) HR _____
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
DATE _____ Back to Core (45m) HR _____ Relief (25m) HR _____	DATE _____ Vertical Plyo (40m) HR _____ Relief (25m) HR _____	DATE _____ Relief (25m) HR _____	DATE _____ Game Day (60m) HR _____ Relief (25m) HR _____	DATE _____ Back to Core (45m) HR _____ Relief (25m) HR _____	DATE _____ Strength (50m) HR _____ Relief (25m) HR _____	DATE _____ Relief (25m) HR _____
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
DATE _____ Speed & Agility (45m) HR _____ Relief (25m) HR _____	DATE _____ Vertical Plyo (40m) HR _____ Relief (25m) HR _____	DATE _____ Strength (50m) HR _____ Relief (25m) HR _____	DATE _____ Relief (25m) HR _____	DATE _____ Game Day (60m) HR _____ Overtime (15m) HR _____	DATE _____ Vertical Plyo (40m) HR _____ Relief (25m) HR _____	DATE _____ Back to Core (45m) HR _____ Relief (25m) HR _____
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
DATE _____ REST DAY OR Relief (25m) HR _____	DATE _____ Speed & Agility (45m) HR _____ Relief (25m) HR _____	DATE _____ Strength (50m) HR _____ Relief (25m) HR _____	DATE _____ Game Day (60m) HR _____ Overtime (15m) HR _____	DATE _____ Vertical Plyo (40m) HR _____ Relief (25m) HR _____	DATE _____ Back to Core (45m) HR _____ Relief (25m) HR _____	DATE _____ Relief (25m) HR _____
Day 29	Day 30					
DATE _____ Speed & Agility (45m) HR _____ Relief (25m) HR _____	DATE _____ Athletic Perf. Assessment (25m) HR _____ Relief (25m) HR _____					

Worksheets Completed by:

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