

# Workout Plan: January 2012

Name: xxx xxx  
 Date: 1/9/12  
 Weight: 203 lbs  
 Body Fat %: 24.1  
 BMI: 27.7

## Measurements (11/28/11):

Neck: 15 1/2  
 Chest: 44 3/8  
 Right Arm: 15  
 Left Arm: 14 3/4  
 Nat Waist: 40  
 At Navel: 41 1/2

Hips: 42 1/2  
 Right Thigh: 23.5 (8" above patella)  
 Left Thigh: 24 (8" above patella)  
 Right Calf: 15 3/8  
 Left Calf: 15 3/4

| Monday                              | Tuesday                              | Wednesday                                      | Thursday   | Friday                              | Saturday                            | Sunday                  |
|-------------------------------------|--------------------------------------|--|--|-------------------------------------|-------------------------------------|-------------------------|
| 2<br>PT session 3pm                 | 3<br>walk – 20-30mins                | 4<br>PT session 3pm                            | 5<br>walk – 20-30mins  | 6<br>Yoga                           | 7<br>walk/jog – 20mins              | 8<br>rest/recover       |
| 9<br>PT session 3pm<br>MEASUREMENTS | 10<br>jog 20 mins<br>stretch legs    | 11<br>PT session 3pm                           | 12<br>walk/jog intervals – 20mins  | 13<br>Yoga                          | 14<br>rest/recover                  | 15<br>family activity – |
| 16<br>PT session 3pm                | 17<br>walk/jog intervals – 20-30mins | 18<br>PT session 3pm                           | 19<br>walk/jump rope intervals – 20-30mins   | 20<br>Yoga                          | 21<br>Travel day – Family Vacation! | 22<br>walk/jog on beach |
| 23<br>weights in hotel gym          | 24<br>rest                           | 25<br>walk/jog on beach – 30-45mins            | 26<br>weights in hotel gym   | 27<br>walk/jog on beach – 30-45mins | 28<br>Travel day?                   | 29<br>walk/jog – 30mins |
| 30<br>PT session 3pm                | 31<br>walk/jog intervals – 30 mins   | 1 (Feb)<br>PT session at 3pm<br>MEASUREMENTS!! | <b>January Goal:</b> To lose 5lbs by Feb 1 <sup>st</sup> by meeting with Emily twice/week and completing exercise homework that is outlined on Jan calendar. I will also be careful with my portion sizes at mealtime and drink a full glass of water with every meal. |                                     |                                     |                         |