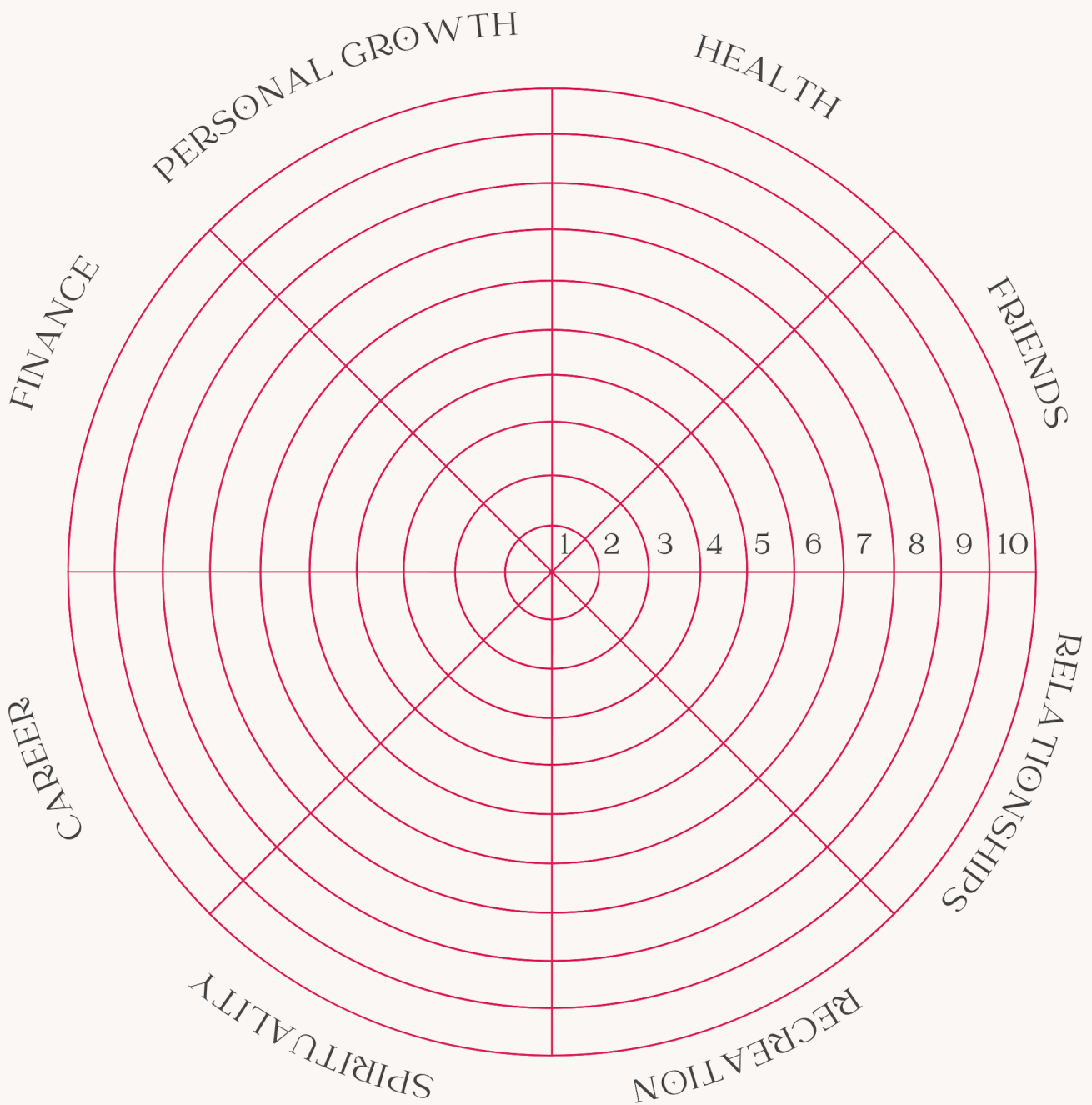


WHEEL OF

INTENTION

THE WHEEL OF INTENTION IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



Day 1 Fitness

Challenge

Dumbbell Squat

4 sets of 12
Rest 45 seconds

Reverse Lunge

3 sets of 15
each leg
Rest 45 seconds

Calf Raises

3 sets of 20
Rest 45 seconds

Seated Arnold Press

6 sets of 6-8
Rest 45 seconds

Wide Grip Lat Pull Down

6 sets of 6-8
Rest 45 seconds

Stability Ball Dumbbell Chest Press

6 sets of 6-8
Rest 45 seconds

Biceps Curls

4 sets of 12
Rest 45 seconds

Tricep Press

6 sets of 6-8
Rest 45 seconds

Treadmill Sprints

8-10 sets
45 second sprints
Rest 1 minute

Day 2 Fitness

Challenge

Steady State Cardio of Choice

30 Minute
Cardio

60%-70%
Maximum
Heart
Rate

(See how to calculate below)

- **Calculate your heart rate maximum (HRM)**
Subtract your age from 226
- For example, $226 - 43 = 183$
If I work at 60-70% of my HRM, I would keep my heart
- rate between 110-128.

-
-
-

Day 3 Fitness



Challenge

Sumo Squat

4 sets of 12
45 second rest

Split Squat

4 sets of 10
45 second rest

Bent Over Reverse Flyes

4 sets of 15
45 second rest

Single Arm Dumbbell Row

6 set of 10
45 second rest

Low Row

6 set of 6-8
45 second rest

Hammer Curls

4 set of 15
45 second rest

Stability Ball Crunch

3 sets of 30
45 second rest

Steady State Cadio of Choice

20 minutes
75-80% HRM
(review prior page
for how to
measure)

Day 4 Fitness



Challenge

Steady State
Cardio of Choice:

30 Minute
Cardio

60%-70%
Maximum
Heart
Rate

(See how to calculate below)

- **Calculate your heart rate maximum (HRM)**
 - Subtract your age from 226
 - For example, $226 - 43 = 183$
 - If I work at 60-70% of my HRM, I would keep my heart rate between 110-128.

-
-
-

Day 5 Fitness



Challenge

Single leg Romanian Deadlift

4 sets of 12
45 second rest

Hamstring Curls

6 sets of 8
45 second rest

Squat Jumps

3 sets of 20
45 second rest

Close Grip Lat Pull Down

4 sets of 15
45 second rest

Front Raises

4 sets of 12
45 second rest

Tricep Kick-Back

4 sets of 15
45 second rest

Push Ups

2 sets until
failure
45 second rest

Treadmill Sprints

8-10 sets 45
second sprints
1 minute rest

Day 6 Fitness



Challenge

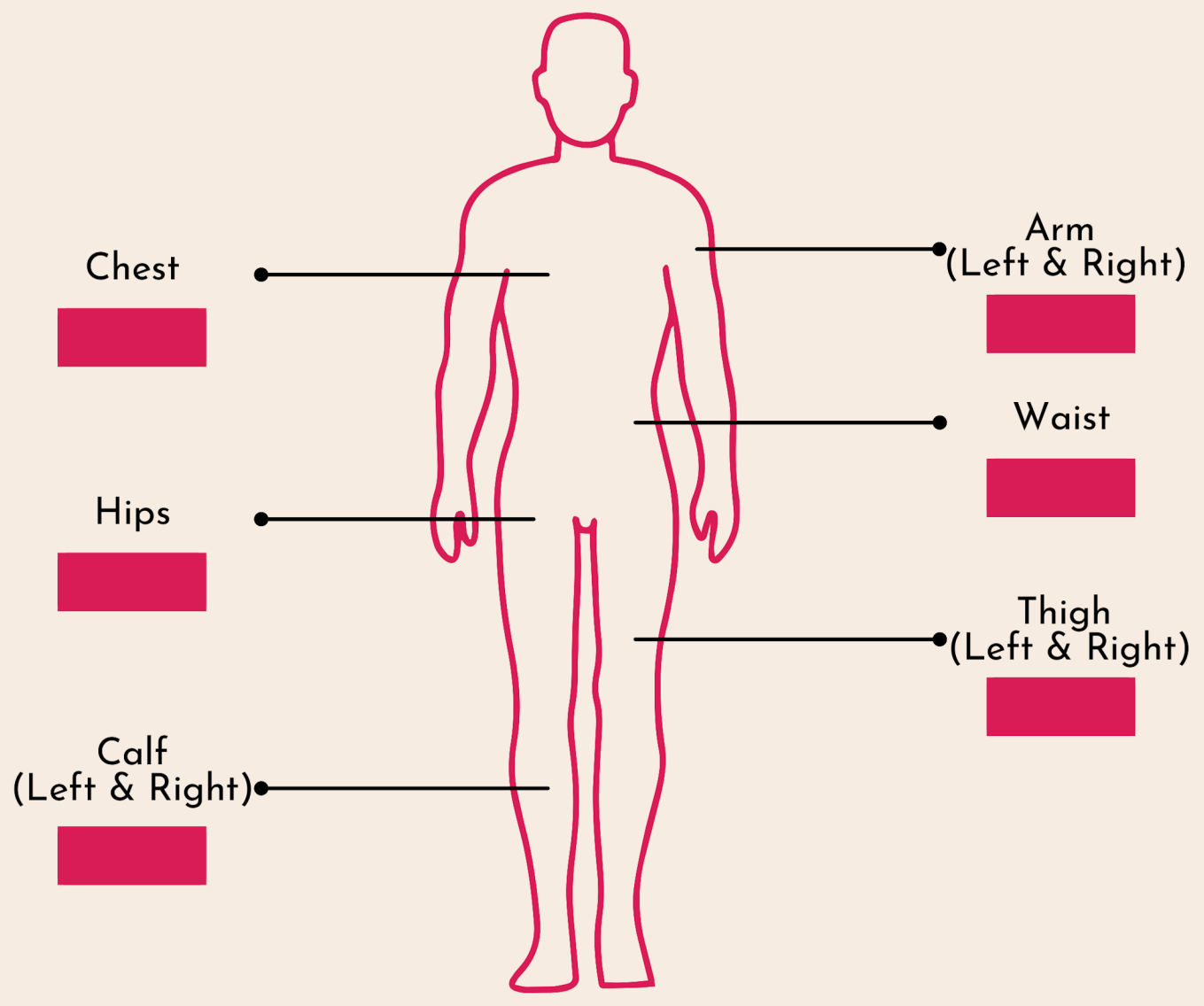
Steady State Cardio of Choice	
30 Minute Cardio	60%-70% Maximum Heart Rate
	(See how to calculate below)

- **Calculate your heart rate maximum (HRM)**
 - Subtract your age from 226
 - For example, $226 - 43 = 183$
 - If I work at 60-70% of my HRM, I would keep my heart rate between 110-128.

-
-
-

Measurement Tracker

Date: / /



Weight: /Lbs

Weekly Tracker

Sizing	Week 1	Week 2	Week 3	Week 4
Chest				
Arm				
Waist				
Hips				
Thigh				
Calf				
Inches Lost				

Numbers	Week 1	Week 2	Week 3	Week 4
Weight				
BMI				
Weight Lost				



Fitness Goals

Date: / /

Exercise / Activity

	Start	Goals
Chest		
Arm		
Waist		
Hip		
Thigh		
Calf		
Weight		

Motivation

Notes

Running Log

Day	Distance	Time	Pace
S			
M			
T			
W			
T			
F			
S			

Distance Goals

Weight Lost Target

Notes

Calorie Intake Tracker

Day	Breakfast	Lunch	Dinner	Snack
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				