

D.M.P. FITNESS JOURNAL

Three Month Fitness Journey

DETERMINATION – MOTIVATION - PERFORMANCE
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D.M.P. FITNESS JOURNAL

THIS JOURNAL IS THE PROUD PROPERTY OF

START DATE

END DATE

DREADMILL PHIL
D.M.P. Fitness
DETERMINATION ★ MOTIVATION ★ PERFORMANCE

D.M.P. FITNESS JOURNAL

STARTING STATS

WEIGHT	HEIGHT
BODY MASS INDEX	

STARTING MEASUREMENTS

NECK	CHEST
RIGHT UPPER ARM	LEFT UPPER ARM
RIGHT FOREARM	LEFT FOREARM
WAIST	HIPS
RIGHT THIGH	LEFT THIGH
RIGHT LOWER LEG	LEFT LOWER LEG

D.M.P. FITNESS JOURNAL

DAY OF WEEK SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

DATE _____ WEEK # _____

WARM UP STRETCHING SMR

CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #1

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

LOCATION

INTENSITY LEVEL

LOW MEDIUM HIGH INSANE

DURATION

PACE

HEART RATE

CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

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INTENSITY LEVEL

LOW MEDIUM HIGH INSANE

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CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3

MACHINE CLASS RUN/WALK/BIKE OTHER

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D.M.P. FITNESS JOURNAL

FOOD JOURNAL

WEIGHT:

(Only if obtained)

Food/Beverage	BREAKFAST		TIME:		
	Amount	Calories	Fat	Carbs	Protein
Breakfast Totals					
LUNCH TIME:					
Lunch Totals					
SUPPER TIME:					
Supper Totals					

Page Totals					
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Vitamins/Supplements			
Vitamin/Supplement	Amount	Time	Brand

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LOW MEDIUM HIGH INSANE

DURATION

PACE

HEART RATE

CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

LOCATION

INTENSITY LEVEL

LOW MEDIUM HIGH INSANE

DURATION

PACE

HEART RATE

D.M.P. FITNESS JOURNAL

FOOD JOURNAL

WEIGHT:

(Only if obtained)

Food/Beverage	BREAKFAST		TIME:		
	Amount	Calories	Fat	Carbs	Protein
Breakfast Totals					
LUNCH TIME:					
Lunch Totals					
SUPPER TIME:					
Supper Totals					

Page Totals					
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D.M.P. FITNESS JOURNAL

Snacks						
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein
Snacks Total						

Page Totals				
Calories	Calories	Fat	Carbs	Protein

Vitamins/Supplements			
Vitamin/Supplement	Amount	Time	Brand

Water Intake (Water Only)					
Time	Ounces	Time	Ounces	Time	Ounces
Total Ounces:					

Comments about the day:

D.M.P. FITNESS JOURNAL

DAY OF WEEK SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

DATE _____ WEEK # _____

WARM UP STRETCHING SMR

CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #1

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

LOCATION

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FOOD JOURNAL

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D.M.P. FITNESS JOURNAL

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CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #1

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

LOCATION

INTENSITY LEVEL

LOW MEDIUM HIGH INSANE

DURATION

PACE

HEART RATE

CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

LOCATION

INTENSITY LEVEL

LOW MEDIUM HIGH INSANE

DURATION

PACE

HEART RATE

CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

LOCATION

INTENSITY LEVEL

LOW MEDIUM HIGH INSANE

DURATION

PACE

HEART RATE

D.M.P. FITNESS JOURNAL

FOOD JOURNAL

WEIGHT:

(Only if obtained)

Food/Beverage	BREAKFAST		TIME:		
	Amount	Calories	Fat	Carbs	Protein
Breakfast Totals					
LUNCH TIME:					
Lunch Totals					
SUPPER TIME:					
Supper Totals					

Page Totals					
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D.M.P. FITNESS JOURNAL

Snacks						
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein
Snacks Total						

Page Totals				
Calories	Calories	Fat	Carbs	Protein

Vitamins/Supplements			
Vitamin/Supplement	Amount	Time	Brand

Water Intake (Water Only)					
Time	Ounces	Time	Ounces	Time	Ounces
Total Ounces:					

Comments about the day:

D.M.P. FITNESS JOURNAL

DAY OF WEEK SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

DATE _____ WEEK # _____

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D.M.P. FITNESS JOURNAL

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Lunch Totals					

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Supper Totals					

Page Totals					
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D.M.P. FITNESS JOURNAL

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Lunch Totals					

SUPPER TIME:					
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Page Totals					
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D.M.P. FITNESS JOURNAL

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D.M.P. FITNESS JOURNAL

FOOD JOURNAL

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Breakfast Totals					

LUNCH TIME:					
Food/Beverage	Amount	Calories	Fat	Carbs	Protein
Lunch Totals					

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D.M.P. FITNESS JOURNAL

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MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

LOCATION

INTENSITY LEVEL

LOW MEDIUM HIGH INSANE

DURATION

PACE

HEART RATE

CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

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INTENSITY LEVEL

LOW MEDIUM HIGH INSANE

DURATION

PACE

HEART RATE

CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

LOCATION

INTENSITY LEVEL

LOW MEDIUM HIGH INSANE

DURATION

PACE

HEART RATE

D.M.P. FITNESS JOURNAL

FOOD JOURNAL

WEIGHT: _____ **(Only if obtained)**

Food/Beverage	BREAKFAST		TIME:		
	Amount	Calories	Fat	Carbs	Protein
Breakfast Totals					

LUNCH TIME:					
Food/Beverage	Amount	Calories	Fat	Carbs	Protein
Lunch Totals					

SUPPER TIME:					
Food/Beverage	Amount	Calories	Fat	Carbs	Protein
Supper Totals					

Page Totals					
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D.M.P. FITNESS JOURNAL

Snacks						
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein
Snacks Total						

Page Totals				
Calories	Calories	Fat	Carbs	Protein

Vitamins/Supplements			
Vitamin/Supplement	Amount	Time	Brand

Water Intake (Water Only)					
Time	Ounces	Time	Ounces	Time	Ounces
Total Ounces:					

Comments about the day:

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Lunch Totals					

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WEIGHT: _____ **(Only if obtained)**

Food/Beverage	BREAKFAST		TIME:		
	Amount	Calories	Fat	Carbs	Protein
Breakfast Totals					

LUNCH TIME:					
Lunch Totals					

SUPPER TIME:					
Supper Totals					

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Vitamins/Supplements			
Vitamin/Supplement	Amount	Time	Brand

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Total Ounces:					

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D.M.P. FITNESS JOURNAL

DAY OF WEEK SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

DATE _____ WEEK # _____

WARM UP STRETCHING SMR

CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #1

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

LOCATION

INTENSITY LEVEL

LOW MEDIUM HIGH INSANE

DURATION

PACE

HEART RATE

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DAY OF WEEK SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

DATE _____ WEEK # _____

WARM UP STRETCHING SMR

CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #1

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

LOCATION

INTENSITY LEVEL

LOW MEDIUM HIGH INSANE

DURATION

PACE

HEART RATE

CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

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INTENSITY LEVEL

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PACE

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CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

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INTENSITY LEVEL

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DURATION

PACE

HEART RATE

D.M.P. FITNESS JOURNAL

FOOD JOURNAL

WEIGHT: _____ **(Only if obtained)**

Food/Beverage	BREAKFAST		TIME:		
	Amount	Calories	Fat	Carbs	Protein
Breakfast Totals					

LUNCH TIME:					
Lunch Totals					

SUPPER TIME:					
Supper Totals					

Page Totals					
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D.M.P. FITNESS JOURNAL

Snacks						
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein
Snacks Total						

Page Totals				
Calories	Calories	Fat	Carbs	Protein

Vitamins/Supplements			
Vitamin/Supplement	Amount	Time	Brand

Water Intake (Water Only)					
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	Amount	Calories	Fat	Carbs	Protein
Breakfast Totals					
LUNCH TIME:					
Lunch Totals					
SUPPER TIME:					
Supper Totals					

Page Totals					
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D.M.P. FITNESS JOURNAL

Snacks						
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein
Snacks Total						

Page Totals				
Calories	Calories	Fat	Carbs	Protein

Vitamins/Supplements			
Vitamin/Supplement	Amount	Time	Brand

Water Intake (Water Only)					
Time	Ounces	Time	Ounces	Time	Ounces
Total Ounces:					

Comments about the day:

D.M.P. FITNESS JOURNAL

DAY OF WEEK SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

DATE _____ WEEK # _____

WARM UP STRETCHING SMR

CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #1

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

LOCATION

INTENSITY LEVEL

LOW MEDIUM HIGH INSANE

DURATION

PACE

HEART RATE

CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

LOCATION

INTENSITY LEVEL

LOW MEDIUM HIGH INSANE

DURATION

PACE

HEART RATE

CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3

MACHINE CLASS RUN/WALK/BIKE OTHER

DESCRIPTION OF TRAINING / ACTIVITY

LOCATION

INTENSITY LEVEL

LOW MEDIUM HIGH INSANE

DURATION

PACE

HEART RATE

D.M.P. FITNESS JOURNAL

FOOD JOURNAL

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Total Ounces:					

Comments about the day:

D.M.P. FITNESS JOURNAL

ENDING STATS

WEIGHT	HEIGHT
BODY MASS INDEX	

ENDING MEASUREMENTS

NECK	CHEST
RIGHT UPPER ARM	LEFT UPPER ARM
RIGHT FOREARM	LEFT FOREARM
WAIST	HIPS
RIGHT THIGH	LEFT THIGH
RIGHT LOWER LEG	LEFT LOWER LEG