



MUSCLE POWER JOURNEY

STRENGTH • DISCIPLINE • CONSISTENCY • RESULTS

WORKOUT CHART

WEEK BEGINNING: TO NAME:

COACH: TODAY'S DATE:

GOAL(S) FOR THIS WEEK:

WEEKLY GOALS



NUTRITION GOAL

☐

TRAINING GOAL

☐

LIFESTYLE GOAL

☐

WARM UP

ACTIVITY	SETS/REPS	TIME	INTENSITY	NOTES



MAIN WORKOUT

EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST	NOTES



CARDIO (OPTIONAL)

ACTIVITY	DURATION	DISTANCE	INTENSITY	CALORIES	NOTES



COOL DOWN / STRETCHES



WEEKLY REFLECTION

WHAT WENT WELL THIS WEEK?

WHAT CAN BE IMPROVED NEXT WEEK?

ENERGY LEVELS (1-10)

SLEEP QUALITY (1-10)

HYDRATION (1-10)



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www.musclepowerjourney.co.uk

FOLLOW ME FOR WORKOUTS, NUTRITION TIPS,
MOTIVATION, TRANSFORMATIONS &
EXCLUSIVE FITNESS CONTENT!



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🏋️ YOUR JOURNEY. YOUR STRENGTH. YOUR TRANSFORMATION. 🏋️