

# START A TRAINING JOURNAL



## 1. MINDSET

*What is your overall sense of well-being (physical and mental)?*



## 2. MUSCLES

*Which set of muscles will you be training and how much are you lifting?*



## 3. CARDIO

*What type are cardio is on the schedule and how are you performing?*



## 4. NUTRITION

*What are you eating?*



## 5. HYDRATION

*How much are you drinking?*



## 6. SLEEP

*Are you getting enough sleep?*