THE TRACK

Total Body Fitness Program System

EXERCISE PROGRESS CHART

NAME: Bill Smith

Original example - transcribed from your sheet

	SESSION	1	2	3	4	5	6	7	8	9	10	11
	DATE	12/26	12/28	12/30								
NAME & NUMBER OF EXERCISE	BODY REGIONS (MUSCLE GROUPS)	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS
Toe Touches	Stomach	Red 28	Org 21	Yel 10								
Triceps Ex	Arms	Red 18	Red 19	Red 19								
Leg Cross	Legs	Red 21	Org 10	Org 14								
Shoulder Stretch	Shoulders	Red 22	Org 21	Yel 15								
Bowling Roll	Arms	Red 15	Red 15	Red 18								
Trunk Twister	Hips, Waist	Red 24	Org 20	Yel 8								
Leg Curl	Legs	Red 11	Red 12	Red 15								
Swimming Crawl	Arms	Red 15	Red 18	Red 20								
Wood Chopping	Back	Red 29	Org 15	Org 15								

Enter the resistance color/weight and repetitions in each session cell. Dates are month/day.

Original entries are a historical example. A few handwritten exercise names are interpreted from the photo.

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Blank copy - type in the fields or print and write by hand

	SESSION	1	2	3	4	5	6	7	8	9	10	11
	DATE											
NAME & NUMBER OF EXERCISE	BODY REGIONS (MUSCLE GROUPS)	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS	WEIGHT LEVEL/ REPS

Enter the resistance color/weight and repetitions in each session cell. Dates are month/day.

Original entries are a historical example. A few handwritten exercise names are interpreted from the photo.