



BODY BY BT

6 WEEK PERSONALIZED FITNESS PLAN

NAME: _____ START DATE: _____
 TRAINER: _____ AGE: _____
 BODY WEIGHT: _____ MHR: _____
 BODY FAT%: _____ THR: _____

SIX WEEK GOALS	OBTAIN	
1.	YES	NO
2.	YES	NO
3.	YES	NO
4.	YES	NO
5.	YES	NO

FIRST, THREE WEEKS WORKOUT ROUTINE

SUNDAY (DAY ONE)	MONDAY (DAY TWO)	TUESDAY (DAY THREE)	WEDNESDAY (DAY FOUR)	THURSDAY (DAY FIVE)	FRIDAY (DAY SIX)	SATURDAY (DAY SEVEN)

SECOND, THREE WEEKS WORKOUT ROUTINE

SUNDAY (DAY ONE)	MONDAY (DAY TWO)	TUESDAY (DAY THREE)	WEDNESDAY (DAY FOUR)	THURSDAY (DAY FIVE)	FRIDAY (DAY SIX)	SATURDAY (DAY SEVEN)

RECOMMENDED ESTIMATED DAILY NUTRITIONAL INTAKE

AMOUNT	CALORIES	PROTEIN	CARBS	SUGAR	FAT / SATURATED FAT	SODIUM (mgs)
LOW					/	
HIGH					/	

1 gm = 4 calories 1 gm = 4 calories count with carbs 1 gm = 9 calories no caloric value