



# personal training diary

Name \_\_\_\_\_

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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Calendar

## TRAINING GUIDELINES

1. Set your goal for 3-4 training days each week
2. BE SURE TO STRETCH before you walk, jog or run.
  - Do “wall” stretches with one leg extended. Repeat with opposite leg
  - Dangle your arms so they reach as close to your toes as possible.  
Hold it for 30 seconds.
  - Sit “yoga style”. Grab your toes. Pull your feet to your body.  
Lean forward gently without rocking.
3. Walk, jog or run at a pace where you can “talk” without losing your breath.  
Try to walk, jog or run 20 minutes each time. Mix walking with jogging or running to preserve your energy.
4. Be sure to mark your diary and return it to your teacher/trainer at the completion of each day.
5. Have fun!