



**Personal Health Commitment**

*Commit*

When you cheat on any diet or exercise routine the only one you cheat is yourself. If you truly want y the first thing you need to do is commit. Make the decision right now what is more important to you. health/they way you look ... or having that chocolate cake. We are not saying that you can't have cho what we are saying is that all things in time. Use that cake as a reward instead of a mainstay. You wil both rewards.

I, \_\_\_\_\_, commit to the give my health my full atten next 8 (eight) weeks. I will exercise. I will plan and follow a diet. I will look t that I have developed that are prohibiting me from achieving my fitness goal change/overcome them. In return at the end of 8 weeks I will reward myself week off of exercise and

\_. If I fail to keep this commitment with myself I realize that no one will be to myself. I will seek out what took me off my path to health and seek for ways that distraction. This I commit, this day, the \_\_\_\_\_ day of \_\_\_\_\_.

Signed: \_\_\_\_\_

*Plan*

We have a layout for you for the next 8 weeks in regards to your exercise and nutrition. Please feel fr forms or create your own. These should be used as a guide. When filling out the Diet, please be sure what you have learned over the last few weeks in regard to nutrition.

*Act*

Now that you have a plan, and everything is layed out for you... there is nothing stopping you. Here's





**8 Week Cycle**

Week One			
	Cardio	Walk/Run	Weights
M	20	/	Upper Body
T	20	/	Lower Body
W	25	/	Off
R	20	/	Upper Body
F	20	/	Lower Body

Week Five		
	Cardio	Walk/Run
M	35	/
T	35	/
W	40	/
R	35	/
F	35	/

Week Two			
	Cardio	Walk/Run	Weights
M	25	/	upper body
T	25	/	lower body
W	30	/	off
R	25	/	upper body
F	25	/	lower body

Week Six		
	Cardio	Walk/Run
M	35	/
T	35	/
W	40	/
R	35	/
F	40	/

Week Three			
	Cardio	Walk/Run	Weights
M	30	/	upper body
T	30	/	lower body
W	35	/	off
R	30	/	upper body
F	30	/	lower body

Week Seven		
	Cardio	Walk/Run
M	40	/
T	35	/
W	40	/
R	35	/
F	40	/

Week Four			
	Cardio	Walk/Run	Weights
M	35	/	upper body
T	35	/	lower body
W	38	/	off
R	35	/	upper body
F	35	/	lower body

Week Eight		
	Cardio	Walk/Run
M	40	/
T	40	/
W	45	/
R	40	/
F	45	/

\*Remember always run at least 20 min!!!

Start/end of cycle 20 min speed: \_\_\_/\_\_\_

Start/end of cycle bench: \_\_\_/\_\_\_

Start/end of cycle squat: \_\_\_/\_\_\_

Start/end of cycle dead: \_\_\_/\_\_\_

Start/end of cycle:

	Measurements	Weight:
Chest:	/	Body Fat:
Waist:	/	Muscle M:
Hips:	/	
Thighs:	/	
Calves:	/	
Biceps:	/	
Neck:	/	





**Weights**

*Upper Body*

Machine	Reps	Sets	Weight	Workout
Bench				Middle
Pull Up				Upper Body
Incline Bench				Top
Flies				Chest/Shoulders
Decline Bench				Bottom
Pull Down				Lower
Shoulder Press				Shoulders
T bar Pull				Lower
Shrugs				Traps
Bar Curl				Biceps
Cable pull down				Triceps
Crunches				Upper
Leg Raises				Lower
Push ups				Triceps

*Lower Body*

Machine	Reps	Sets	Weight	Workout
Squat				Butt, Thighs
Deadlift (1x/week!)				Lower
Leg Press				Quadriceps
Leg Curl				Hamstrings
Leg Extension				Quadriceps
Lunges				Butt, Thighs
Seated Calf Raise				Calf

*Notes on Working Out*

<b>Rest</b>	<p>Your body needs time to rest after lifting weights. Upper body and lower body give a days rest. Lower body you can work everyday!</p> <hr/> <p>Give yourself 30 seconds to a minute rest in between sets. This will give your muscles the rest they need. The heavier the weight... the longer the rest needed.</p>
<b>Sets &amp; Reps</b>	<p>On all exercises do three sets of 6 reps to start. When the weight is easy move up to 3 sets of 6 rep, 6 rep, 6 rep. Then 6 rep, 8 rep, 8 rep, then 8 rep, 8 rep, 8 rep. This will do two things. <b>One</b> it will push you and help you therefore helping your muscles and strength go up. And <b>two</b>... you will not level off. A lot of people get into a routine and accomplish a little bit, then can't seem to make any progress past a certain point. Our goal is to reach a desired end goal. With each cycle you are constantly pushing yourself a little harder and getting a little better.</p>
<b>Moving Weight</b>	<p>Make sure you are doing each exercise nice and smoothly. Be aware of the muscle that you are trying to work. If you are trying to work a muscle you are probably doing the exercise wrong or the wrong exercise for your body type. Don't squeeze, or pinch the muscle you are going to work before you actually move the weight. This will help you concentrate on the specific muscle you want to improve.</p>





**Diet**

*Weeks*

		Breakfast	Snack	Lunch	Snack	Dinner
1	Mon					
	Tue					
	Wed					
	Thurs					
	Fri					
	Sat					
	Sun					
		Breakfast	Snack	Lunch	Snack	Dinner
2	Mon					
	Tue					
	Wed					
	Thurs					
	Fri					
	Sat					
	Sun					
		Breakfast	Snack	Lunch	Snack	Dinner
3	Mon					
	Tue					
	Wed					
	Thurs					
	Fri					
	Sat					
	Sun					
		Breakfast	Snack	Lunch	Snack	Dinner
4	Mon					
	Tue					
	Wed					
	Thurs					
	Fri					
	Sat					
	Sun					
		Breakfast	Snack	Lunch	Snack	Dinner
5	Mon					
	Tue					
	Wed					
	Thurs					
	Fri					
	Sat					
	Sun					





		Breakfast	Snack	Lunch	Snack	Dinner
6	Mon					
	Tue					
	Wed					
	Thurs					
	Fri					
	Sat					
	Sun					
		Breakfast	Snack	Lunch	Snack	Dinner
7	Mon					
	Tue					
	Wed					
	Thurs					
	Fri					
	Sat					
	Sun					
		Breakfast	Snack	Lunch	Snack	Dinner
8	Mon					
	Tue					
	Wed					
	Thurs					
	Fri					
	Sat					
	Sun					

*Notes on Diet*

<b>Frequency</b>	Eat every 2-3 hours. This takes a lot of planning... thus the empty form to fill out with what you are going to make most of your food in advance and take a cooler with you wherever you go. You never know what is going to turn into 2 hours! (Never skip meals!!!!)
<b>Water</b>	Never forget water!!!! Drink water whenever you can. If you absolutely have to have a "coke" we suggest you have it in the morning. That way your body has a fighting chance of burning it off throughout the day.



Personal Health



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Personal Health

[Redacted]

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to good health!





Personal Health

Weights
upper body
lower body
off
upper body
lower body

Weights
upper body
lower body
off
upper body
lower body

Weights
upper body
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Weights
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Personal Health



<b>anking</b>
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Chest
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closer to the end goal.

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oncentrate on the





Bed Snack
Bed Snack
Bed Snack
Bed Snack
Bed Snack





