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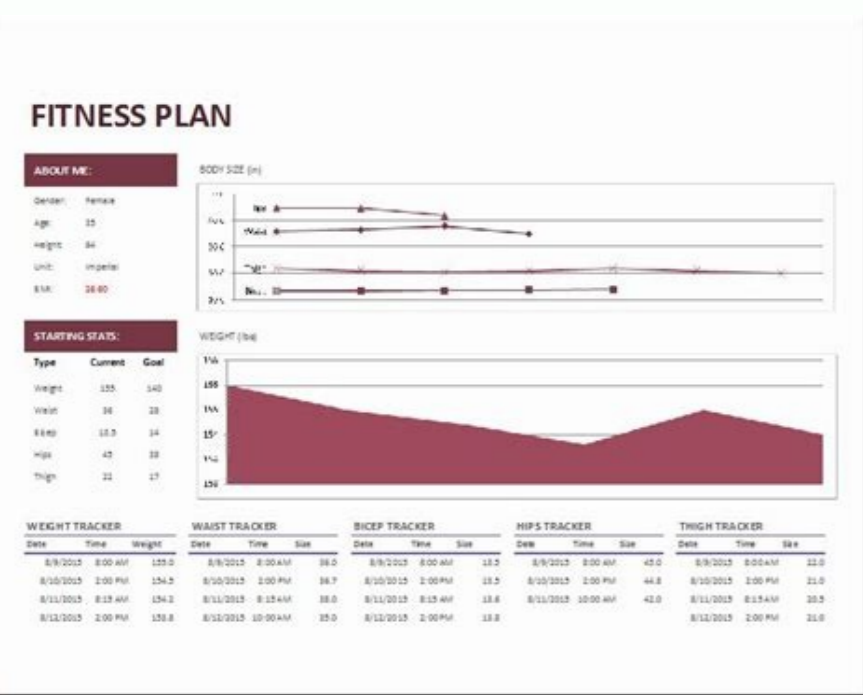
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Insanity Deluxe Workout Calendar. A grid-based calendar for January to March, detailing workout sessions like 'Pump Cardio', 'Core Circuit', and 'Strength Training' with specific exercise names and sets.

Depo-Provera Perpetual Calendar. A large grid showing dosing flexibility for Depo-Provera from 2013 to 2015, with columns for dates, dosing intervals, and flexibility options.

2014 Monthly Calendar. A standard monthly calendar for the year 2014, with days of the week and dates clearly marked.

March SET/REP LOG. A detailed workout log for the month of March, organized by day (Monday to Sunday) and listing specific exercises with their sets and repetitions.



Paper I often get asked what paper I recommend. Daily planners and calendars can help you manage the chaos and keep your family on track, but these items don't always have friendly price tags, particularly if you're buying different calendars for everyone. Hey guys! WOW, we made it. Related Content Comprehensive Workout Log - A very holistic workout log, including cardio and strength exercises as well as diet and nutrition. However you use the workout calendar template it will help you to crush your goals and keep your new years resolution to get healthy. This will help you identify the right metabolic equivalent value to use if you are using a calories burned calculator. It is the official count down till' 2021! I think we can all agree that this year felt... wild. Available as PDF, Word, and HTML. Photo Courtesy: Spark.Adobe.com Similar to Canva, Adobe Spark provides popular online tools for creating completely free custom calendars using templates. Printables from Paper Trail Design are for personal use only. It's hard enough managing your own time. A member of the powerful Adobe design family, Spark gets you started with a design layout of your choice and then allows you to customize everything from the fonts to the background image, including allowing you to upload your own photos or choose from thousands of royalty-free Adobe Stock photos. Like Template Lab, Canva provides templates with a simple focus on daily to-do lists all the way up to elaborate, detailed sheets with a spot to account for every hour of a busy day. To do that, you need to give some thought to what you need to keep track of each day. Photo Courtesy: Spark,Adobe.com Do you have a job with changing appointments and meetings scattered throughout the week, or do you complete all your work at your desk but need to manage task priorities? Strength Training Workout Log at mossinhomefitness.com - Lists the common strength exercises by muscle group. Click the following links to print the workout log template For best results, download the image to your computer before printing. Print a Workout Log - bodybuilding.com - After creating your workout log online, you can save it as a PDF or an Excel file. Even better, they run frequent promotions (sometimes with coupon codes) that slash the prices of their products 25% or more. Many online printing companies allow you to start with templates that you can customize to suit your preferences. Fortunately, every new year brings new hopes and that's why I LOVE making you these monthly printable calendars. Photo Courtesy: Canva.com The popular online design site Canva has a great reputation for offering stylish calendar designs at no cost, and that includes daily planners. It should not be construed as medical advice. I find it easiest to first click on the image to enlarge it, then drag and drop the image to my desktop, then print it from there. If you're a Microsoft Office user, then you have access to all of Microsoft's basic templates, plus all the site's premium templates. Visit Brittany @ Paper Trail Design's profile on Pinterest. For cardstock I really like this card stock paper on amazon. Advertisement The following workout log is a PDF file that you can download and print (as many copies as you want). Whether you choose polished, professional styles or stick with a basic calendar you can create in minutes is completely up to you. If you simply want a printed calendar to keep in the car, you may not care about print quality, but if you want a decorative wall calendar for the kitchen, you might care a great deal. Thank you! Finally, if you liked this post, help us out by pinning this post using the "Pin It" button below! Thanks for the photos Elena Kloppenburg, Sebastian Pociucha & Derick McKinney For regular copy paper this 5 ream case of paper is one of the better deals. Intensity: For the cardio exercises, in addition to listing the amount of time or distance, you should enter the intensity as Light/Moderate/Vigorous (see the info on the exercise log page for guidelines) or Easy/Medium/Hard. To calculate your One-Rep Max, see the information in our Workout Chart template. MORE FROM QUESTIONSANSWERED.NET This printable workout log focuses on your day to day strength training. Companies like Shutterfly and Vista Print are popular, trustworthy design and printing sites that have been around for many years. You are much more likely to succeed at your exercise goals if you plan it out in advance using our fitness calendar printable. You can use this log to track your progress, and change up your sets, reps, and weight. The various templates work in Word, Excel or PowerPoint and are customizable once they are opened in their respective programs. You could add your company logo, a photo of your children or anything else you want to the design. More Printables from Paper Trail Design Weekly Fitness Planner - Use our weekly fitness planner to write a more detailed fitness plan. Do you have several kids with different activities throughout the week, a single child with a single activity or no children at all? If you don't see a detail you want to include, the templates are customizable in Word format. Fortunately, it's easy to find free calendar templates online to help you manage everything from important personal dates each month - don't forget that anniversary! - to due dates for bills and work deadlines. Description Use this Workout Log spreadsheet to track your weekly fitness and strength training progress, including your weight, hours of sleep, and daily calorie intake. This is mainly for reference because many weight training programs have you do a certain number of sets/reps at a weight that is a percentage of your 1RM. Customize a Free Calendar If your need for a calendar is a little more traditional - meaning you mainly need to organize extras like doctors' appointments, ballet practice for one child and baseball practice for another - then you may want a calendar you can print and hang on the wall or fridge or take with you on the go. If you like a calendar style but want a new image or different colors each month, no problem! Let's take a look at a few of the best places to find customizable calendar templates online. Goal Tracker Printable - Track a number of different goals to see your progress over time. The advantage to this log is that it allows you to track sets, reps and weight, where other charts typically track just two of the three. The sites are quite competitive with one another, so paying full price for a custom calendar you create on one of these sites is rarely necessary. The site also offers special types of planners for specific jobs, such as lesson planners for teachers and homeschooling schedules for parents. You're gonna LOVE!!!! Okay - here you goooooo! 2021 MONTHLY CALENDARS Download all the calendars HERE! Photo Courtesy: johnnyscriv/E+/Getty Images Having a hard time keeping up with your crazy schedule? Customize a Professionally Printed Calendar For many people, the downside of customizing their own calendars and planners is that their personal printing capabilities aren't up to the challenge of creating a premium product. Even better, some of the sites allow you to customize calendars to your own personal preferences. However, this site takes customization to the next level by including a completely blank design option that allows users to completely start from scratch to build the ideal planner. They are FREE for you to use and print. Create your own workout plan or simply use the workout calendar as simple workout log. The blank printable workout log is identical to the Workout Log Template for Excel (below), so if you have a regular weekly workout program, you can save time by listing the exercises and saving a copy of your workout log in Excel for the next time you need to print or make changes to your workout. Record sets/reps/weight. For convenience there are both daily and weekly logs. OHHHH and P.S. - a brand new and EXCITING new challenge is coming for you in a few days so keep your eye out for that. Throw multiple kids participating in multiple activities into the mix, and it becomes even easier to end up at the wrong activity or appointment at the wrong time. Customize a Free Daily Planner The variety of free daily planner templates won't be as extensive as the variety of calendar templates available online, but that doesn't mean you can't find some good free options. Tracking the weight you are lifting is crucial because you can't have steady progress in lifting more weight if you forget where you were the day or week before. The answers to questions like these can help you decide on the type of calendar that will help you the most. Fitness Tracker - This fitness planner is more detailed with meals, water intake, and exercise included. The end result is a premium quality calendar created in true Adobe style. You can usually achieve high-quality printing with an inkjet photo printer and premium paper or photo paper, but the cost of purchasing those products - plus the printer and ink if you don't already have them - adds up quickly. Photo Courtesy: Shutterstock.com In many cases, it may be worth it to design your own calendar and then pay to have the calendar professionally printed. Definitely one of the best workout logs I've seen. You can certainly customize a calendar purely for visual appeal, but the most important reason to create a customer calendar is to end up with the perfect organizational tool for your needs. Food Log - Use this food log to track your water intake, diet, and calories. Use our free printable workout calendar template to plan your workouts and crush your goals. This page may contain affiliate links and when you click them you support Paper Trail Design. The only thing I ask is that you let me know when you do use them by tagging me on Instagram! I love seeing your journey throughout the year because it motivates me, too! Plus, when you share your journey, you are inspiring the POPsters around you. Exercise and Training Resources Calories Burned Calculator at calcnexus.com - Estimate calories burned for a large variety of exercises, based on time, intensity, and your specific weight. Disclaimer: The worksheet and information on this page is for educational purposes only. Download the Workout Log in PDF Format. It's win-win, really! Now, get these printed and start filling out your January to make sure you start off on the right foot. List all the exercises you do each week and then print and take the workout log with you to the gym each day. Enter your One-Rep Max (1RM) and Sets/Reps/Weight for each strength exercise. Enter the time (duration), distance, and intensity level for each cardiovascular/aerobic exercise. Template Lab has a broad range of daily planner templates to help you do everything from organize days filled with appointments and assignments to track your progress on your established goals. Using the Workout Log One Rep Max: The workout log has a place to record your 1RM (One-Rep Max). It is much cheaper than I have found in stores and has a good thickness for most projects without being so thick that it jams the printer. Why Should You Customize a Calendar? You should seek the advice of qualified professionals regarding medical/fitness/health decisions.

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