Beverly International

No Nonsense Supplements for Real World Results

Date: _____ **Day:** _____

Training Diary

BODYPARTS TO BE WORKED:

1. _____
2. _____
3. _____
4. _____
5. _____

Bodyweight: _____

Workout Time

from _____ **to** _____

Sleep (night before)

from _____ **to** _____

Visualization of Goals

from _____ **to** _____

WORKOUT CHART

MUSCLE	EXERCISE	SET 1 WT	SET 1 REP	SET 2 WT	SET 2 REP	SET 3 WT	SET 3 REP	SET 4 WT	SET 4 REP	SET 5 WT	SET 5 REP	SET 6 WT	SET 6 REP

PRE-TRAINING **SUPPLEMENT INTAKE**	
Supplement	**Amount**
Glutamine Select	
Muscle Synergy	
Lean Out	
Energy Reserve	
UpLift	
Fast-Up	
DURING TRAINING	
Muscle Mass	
Muscularity	
Mass Aminos	
Energy Reserve	

WORKOUT EVALUATION

STRENGTH:	❑ WEAKER	❑ STRONGER	❑ EXCEPTIONAL
PUMP:	❑ FAIR PUMP	❑ GOOD PUMP	❑ EXTREME PUMP
CONCENTRATION:	❑ DISTRACTED	❑ GOOD	❑ INTENSE
REST INTERVALS:	❑ LONG (lethargic)	❑ MEDIUM (rythmic)	❑ INTENSE
TOTAL WORKOUT SUMMARY:	❑ FAIR	❑ GOOD	❑ EXCELLENT

WORKOUT COMMENTS

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