# Beverly International

*No Nonsense Supplements for Real World Results*

**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

<table>
<thead>
<tr>
<th>MUSCLE</th>
<th>EXERCISE</th>
<th>WT</th>
<th>REP</th>
<th>WT</th>
<th>REP</th>
<th>WT</th>
<th>REP</th>
<th>WT</th>
<th>REP</th>
<th>WT</th>
<th>REP</th>
<th>SUPPLEMENT INTAKE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Glutamine Select</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Muscle Synergy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lean Out</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Energy Reserve</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>UpLift</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Fast-Up</td>
</tr>
</tbody>
</table>

**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

www.BeverlyInternational.com