

Fitness Foundry

Name:		Sample “BREAKING OUT of Breaking Even” Workout Sheet					
Dynamic Warm Ups/ Stretches							
Day 1	Circuit Training 3–4 Exercises with set caloric expenditure	Date/ Weight/ /Calories Burned	Date/ Weight/ /Calories Burned	Date/ Weight/ /Calories Burned	Date/ Weight/ /Calories Burned	Date/ Weight/ /Calories Burned	Date/ Weight/ /Calories Burned
Day 2	Cardio with set time and caloric expenditure 2–3 Selections	Date/Time Calories Burned	Date/Time/ Calories Burned	Date/Time/ Calories Burned	Date/Time/ Calories Burned	Date/Time/ Calories Burned	Date/Time/ Calories Burned
Day 3	Circuit Training 3–4 Exercises with set caloric expenditure	Date/ Weight/ /Calories Burned	Date/ Weight/ /Calories Burned	Date/ Weight/ /Calories Burned	Date/ Weight/ /Calories Burned	Date/ Weight/ /Calories Burned	Date/ Weight/ /Calories Burned