

MONDAY Lower body + glutes

☐ Green ☐ Yellow ☐ Red

Exercise	Set 1 lb x reps	Set 2 lb x reps	Set 3 lb x reps	RIR	Up?

WEDNESDAY Upper body

☐ Green ☐ Yellow ☐ Red

Exercise	Set 1 lb x reps	Set 2 lb x reps	Set 3 lb x reps	RIR	Up?

FRIDAY Full body

☐ Green ☐ Yellow ☐ Red

Exercise	Set 1 lb x reps	Set 2 lb x reps	Set 3 lb x reps	RIR	Up?

When to go up: top of the rep range on every set, good form, 1–3 reps left? Check “Up?” and add weight next time.

RIR = reps in reserve: how many more clean reps you could have done. Aim for 1–3 on most sets.

DAILY LOG

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Strength workout done							
Pilates (C = Classical, S = Sculpt)							
Walk or other movement (min)							
Protein goal hit?							
Sleep (hours)							
Day color							

ROAD TO 150

This week's total: _____ min

10

20

30

40

50

60

70

80

90

100

110

120

130

140

150

Shade one box for every 10 minutes of moderate movement: Pilates that gets you breathing harder, brisk walks, bike rides. Moderate means you can talk but not sing.

Green day

Feeling good. Follow the plan as written.

Yellow day

Tired or stretched thin. Fewer sets, or the bottom of the rep range.

Red day

Sick or wiped out. Walk, stretch, or rest. Pick up next session.

WINS THIS WEEK

NEXT WEEK I'LL



Tally your week: one mark for every strength workout you finished.

WITHIN *by Whitney*

PROGRESS *check-ins*

Fill this in during **Week 1**, **Week 5**, and **Week 8**. Same time of day, same conditions, every time.

KEY LIFTS (HEAVIEST WEIGHT x REPS)

Exercise	Week 1	Week 5	Week 8

MEASUREMENTS (OPTIONAL)

	Week 1	Week 5	Week 8
Waist			
Hips			
Thigh (L)			
Thigh (R)			
Arm (L)			
Arm (R)			

PHOTOS

☐ Week 1 photos taken

☐ Week 5 photos taken

☐ Week 8 photos taken

Front, side, and back. Same spot, same light.

ENERGY AND SLEEP (1-5)

Week 1: Week 5: Week 8:

WHAT'S CHANGED

WHAT I'M PROUD OF

Remember: the scale is one piece of data, not the verdict. Strength, photos, measurements, and how you feel tell the real story.