

Training Homework- Week 2

My goal in 3 months is _____

(i.e., building muscle, building strength, improving a weak point on my body or a specific exercise)

My Most Enjoyable Exercises Are (fill in the box)

I Have These Injuries or Physical Limitations That are Prohibiting me From Doing my Most Enjoyable Exercises. These Injuries are _____

I Can Dedicate _____ Hours per Week to Train

I Can Dedicate _____ Days per Week to Train

My Top 5 Struggles That Prohibit me From Being Consistent with my Training Program are:

- 1.
- 2.
- 3.
- 4.
- 5.

