REVitUP! with TAMMY BEASLEY RD

Maintenance Log

S M T W T F S

Date: ____________________

Water

FOOD/BEVERAGE

H	Time	F
	AM	
	PM	

GOALS

Foundation

Food

Fluid

Fitness

AEROBIC

Activity: ____________________

Time: ____________________ HR ____________

Warm up ☐ Cool Down ☐ Stretch ☐

STRENGTH

Exercise	Lbs.	Rep Sets 1	2	3