

IFA Workout Forms



Daily Fitness Inventory

Name:	Start Date:
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Basal Metabolic Rate (BMR) Calculator

Activity Level	High	Medium	Low
BMR = WT x 10.8	BMR x 1.5	BMR x 1.4	BMR x 1.3
Daily Calories Required			

Daily Caloric Intake

Date							
	Calories	Calories	Calories	Calories	Calories	Calories	Calories
Breakfast							
Lunch							
Dinner							
TOTAL							
Weight (Morning)							
Waist Size (inches)							
Aerobics (minutes)							
Aerobic Pulse							
Resting Pulse							
Blood Pressure							

Workout Room Progress Sheet 1

Chest

Date												
	WT	Rep	WT	Rep	WT	Rep	WT	Rep	WT	Rep	WT	Rep
Flat Bench Press												
Flat Bench Flye												
Inclined Press												
Inclined Flye												
Pushup												
Hi Cable Crossover												
Lo Cable Crossover												
Pec Deck												

Back

Date												
	WT	Rep	WT	Rep	WT	Rep	WT	Rep	WT	Rep	WT	Rep
Shrugs												
One Arm Row												
Pull Ups												
Back Extension												
Seated Row												
Lateral Pull Down												
Pec Deck (Rear)												

Workout Room Progress Sheet 2

Shoulders

Date												
	WT	Rep	WT	Rep	WT	Rep	WT	Rep	WT	Rep	WT	Rep
Overhead Press												
Lateral Raises												
Front Raises												

Abdomen

Date												
	WT	Rep	WT	Rep	WT	Rep	WT	Rep	WT	Rep	WT	Rep
Upper Crunches												
Lower Crunches												
Side Crunches												

Arms

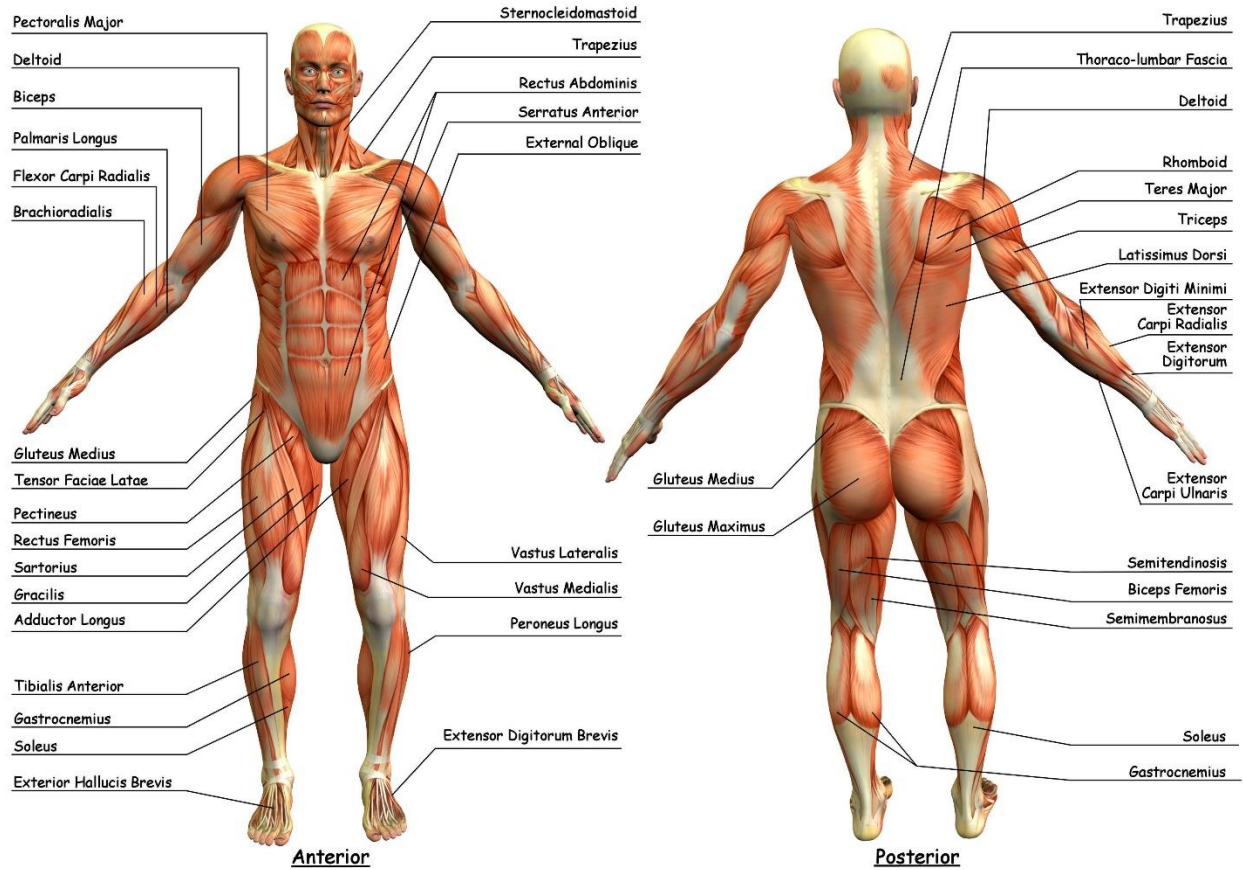
Date												
	WT	Rep	WT	Rep	WT	Rep	WT	Rep	WT	Rep	WT	Rep
Biceps Curl												
Concentration Curl												
Hammer Curl												
Reverse Curl												
Triceps Kickback												
Triceps Dip												
Lying Triceps Ext												
Cable Push Downs												
Wrist Curls												

Workout Room Progress Sheet 3

Lower Body

Date												
	WT	Rep	WT	Rep	WT	Rep	WT	Rep	WT	Rep	WT	Rep
Squats												
Front Lunges												
Calf Raises												
Hip Abduction												
Hip Adduction												
Cable Hip Ext												
Leg Press												
Leg Extension												
Hamstring Curl												

Anatomy Chart



Charts courtesy of INTERNATIONAL FITNESS ASSOCIATION. - www.ifafitness.com