## DAY 6—ACTIVE REST AND RECOVERY

| EXERCISE | SETS/REPS | COMMENT |
|---|---|---|
| **Cardio** | 15 Minutes ☐ | Steady-state upon waking |

## DAY 7—ACTIVE REST

| EXERCISE | SETS/REPS | COMMENT |
|---|---|---|
| **Cardio** | 15 Minutes ☐ | Steady-state upon waking |

## WEEKLY CHECK-IN

- ☐ Weigh yourself upon rising
- ☐ Take photos of yourself
- ☐ Make sure your journal is up to date

## NOTES