

# Thirsty Body Workout Program

**Doc's Castle, LLC**

**Workout Plan (Circle one):**

- 3 x a week for 30 minutes
- 4x a week for 40 minutes
- 5x a week for 50 minutes

Starting Weight: \_\_\_\_\_

Ending Weight: \_\_\_\_\_

**Instructions:**

Choosing one of the above workout plans, mark on the chart below each day you complete a workout. Be creative! I like to use stickers and highlighters when recording a completed workout. Challenge yourself to fill the chart as much as possible. Remember to record your weekly weight to keep track of your progress.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Date:	____ lbs						
Week 2 Date:	____ lbs						
Week 3 Date:	____ lbs						
Week 4 Date:	____ lbs						

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Week 5 Date:	____ lbs						
Week 6 Date:	____ lbs						
Week 7 Date:	____ lbs						
Week 8 Date:	____ lbs						
Week 9 Date:	____ lbs						
Week 10 Date:	____ lbs						
Week 11 Date:	____ lbs						
Week 12 Date:	____ lbs						