



THE LONDON ACADEMY OF PERSONAL FITNESS

We'll Get Your Body Back!

YOUR PERSONAL WORK-OUT LOG.

Please fill this in each time you do any formal exercise. When we assess you in 16 weeks time it will help us to assess what level of exercise you need to be doing

LAPF WORK OUT LOG. MONTH.....

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

LAPF WORK OUT LOG. MONTH.....

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

