

# EVERYDAY WORKOUT MAN

Everyday Workout Journal

vol. 1 by Thane Taylor

# Everyday Workout Journal

I've developed this journal template along the course of my 2,632 Day Workout Challenge I started in late September, 2016. Here are a few things that have helped me to stay consistent thus far:

## -Goal focused

I believe losing weight or gaining muscle are NOT GOALS, rather, they are byproducts of ACTUAL goals. There are always underlying reasons WHY you are aiming to do these (health, confidence, becoming self-sufficient)

"My body does what I want, I'm healthy, and I'm confident with it. My goal is to keep it that way."

-Everyday Workout Man, Thane Taylor

This is an example of an "Ultimate Goal" that I personally use; I can continuously strive for this. Find your own "Ultimate Goal" and keep that at the forefront of your workout journey.

## -Program oriented workouts (progressive improvements throughout)

Most programs work! There are plenty of options, find one that focuses on progressive improvement over time...more importantly, find one that you ENJOY!

"Pick a program and give it an honest effort, adjust as needed, keep on going!"

-Everyday Workout Man, Thane Taylor

## -Documenting the process

I document everything through social media channels as a way of staying accountable and to keep track of things. Physical journaling is amazing an extraordinary tool to use as well. At some point, you'll want to look back at what you did to draw insight from it.

Write it down (That's where this journal comes in)!

[paypal.me/everydayworkoutman](https://paypal.me/everydayworkoutman)

# Everyday Workout Journal

I created this journal and have tinkered with it over time. I personally use it to document progress and to reflect on how my actions lead to progress towards my Ultimate Goal.

I gladly welcome you to use this journal as a way to document your own workout journey. Here's what you'll need to do:

- Print a complete copy of this PDF
- Make additional copies of 1) two daily overview pages 2) two weekly summary pages 3) the "monthly" overview page as needed.
- 3 hole punch and place in a 3 ring binder :)

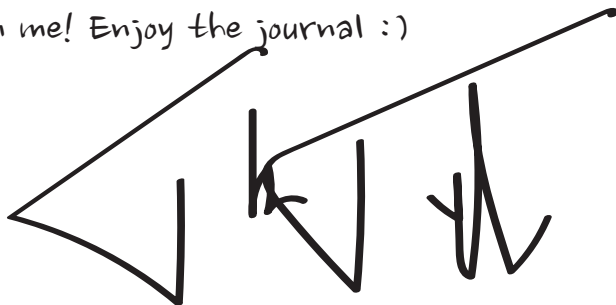
I believe this is an invaluable tool to use and I hope you like it too! Feel free to keep on printing to use as long as you would like. If you find value from it and are so inclined, I am accepting "tips" as a form of payment. Please send any payments over to [paypal.me/everydayworkoutman](https://paypal.me/everydayworkoutman). Any money generated will be used to develop more cool things like this in the future (likely a more portable version with fancy binding).

If you DO NOT have the resources or if you would not like to donate for any reason, that's totally cool! I'm grateful that you're using it, spread the word to anyone else that might benefit from it. Check out my website at [www.everydayworkoutman.com](http://www.everydayworkoutman.com)

Any and all feedback is welcome and appreciated ([thane@everydayworkoutman.com](mailto:thane@everydayworkoutman.com))

Enough from me! Enjoy the journal :)

-Much Love



Everyday Workout Man, Thane Taylor

# What is your ULTIMATE GOAL?

What can you always strive for and what will always motivate you to stick with it?

A series of horizontal dotted lines for writing.

Date:     /     /     M T W Th F S Su

Program: .....

Strength	Flexibility	Cardio	Active Recovery		Other		
Focus Area	Legs	Back	Chest	Shoulders	Core	Arms	Full Body

Exercise.

Notes (Reps, Weights, Time, etc.)

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Start Time: ..... End Time: ..... Total duration of workout: .....

Yes No

Did you...eat to match your goals?

Yes No

Stay hydrated?

Yes No

Sleep well?

How did your actions today help you progress towards your Ultimate Goal?

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List technique-specific areas of strength

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List technique-specific areas to improve upon

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Mindset Tip of The Day:

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Map out your workout for tomorrow, stay hydrated, get some rest!

Focus Area	Goal	M	T	W	Th	F	S	Su	Total
Legs									
Back									
Chest									
Shoulders									
Core									
Arms									
Full Body									

List the program(s) used throughout the week.

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How did your actions this week help you progress towards your "Ultimate Goal"

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What would you like to improve upon in the upcoming week?

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Forget being humble for a moment... How did you Dominate?

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Did you... eat to match your goals? \_\_\_\_\_ /7 days      Stay hydrated? \_\_\_\_\_ /7 days      Sleep well? \_\_\_\_\_ /7 days

Daily duration of workout (average): \_\_\_\_\_

List technique-specific areas of strength/weakness that persisted throughout the week.

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What adjustments will you make you address technique-specific weaknesses in the upcoming week?

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Notes and Ideas:

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Circle the primary area of emphasis this week:

Strength      Flexibility      Cardio      Active Recovery      other

	Yes	No
Was the time spent working out consistently achievable and sustainable?	<input type="checkbox"/>	<input type="checkbox"/>
Did you benefit from your workouts this week?	<input type="checkbox"/>	<input type="checkbox"/>
Do you enjoy your current program?	<input type="checkbox"/>	<input type="checkbox"/>

If 2 out of 3 are NO, revisit next week! It may be time for you to find a workout program to better progress towards your Ultimate Goal!

Mindest Tip of The Week

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# "Monthly" Overview

Did you... eat to match your goals? \_\_\_\_ /28 days      Stay hydrated? \_\_\_\_ /28 days      Sleep well? \_\_\_\_ /28 days

Daily duration of workout (average): \_\_\_\_\_

How were other aspects of your life positively affected by staying consistent with your routine?

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What were the biggest challenges you had to overcome in order to make progress towards your Ultimate Goal?

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Write down adjustments you may make to keep your progress sustainable, and enjoyable!

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-Open Notes-

"Pick a program and give it an honest effort, adjust as needed, keep on going!" -Everyday Workout Man, Thane Taylor