

# TTC WEEKLY LOG

Week # \_\_\_\_\_  
Date \_\_\_\_\_

## INSTURCTIONS:

- Make copies of this log and fill-out weekly
- No need to submit this form for verification. This is for your tracking purposes only
- If available, copy last week's performance and compare to this week's numbers

LAST WEEK'S RECAP	
Total completed miles	
# of completed Strength sessions	
# of days stretched	
# of completed Nutrition goals	
Weight	
Body Fat	Optional

	MON	TUE	WED	THU	FRI	SAT	SUN	This Week's Performance
<b>CARDIO</b>	Activity - Miles	Activity - Miles	Activity - Miles	Activity - Miles	Activity - Miles	Activity - Miles	Activity - Miles	Total completed miles
<ul style="list-style-type: none"> <li>• Complete the minimum recommended miles</li> </ul>								

	MON	TUE	WED	THU	FRI	SAT	SUN	# of completed sessions
<b>STRENGTH</b>	Workout	Workout	Workout	Workout	Workout	Workout	Workout	
<ul style="list-style-type: none"> <li>• Complete the minimum recommended Strength Training sessions</li> </ul>								

	MON	TUE	WED	THU	FRI	SAT	SUN	# of days stretched
<b>FLEXIBILITY</b>	Stretch	Stretch	Stretch	Stretch	Stretch	Stretch	Stretch	
<ul style="list-style-type: none"> <li>• Practice daily this week's recommended stretch</li> </ul>								

	MON	TUE	WED	THU	FRI	SAT	SUN	# of completed goals
<b>NUTRITION</b>	Food	Food	Food	Food	Food	Food	Food	
<ul style="list-style-type: none"> <li>• Eat breakfast daily</li> <li>• Lunch is the bigger meal</li> <li>• Dinner small &amp; light</li> <li>• No eating out / takeouts</li> <li>• Cook at home (7-Day Meal Plan)</li> </ul>								

**IMPORTANT** Completed Nutrition Goals Target: 10-15 Needs Improvement / 16-21 Good / 22-27 Better / 28+ Best

**NOTES**

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<b>WEIGHT</b>	
Change	
<b>BODY FAT</b>	Optional
Change	Optional

# HOW TO FILL OUT TTC WEEKLY LOG

**TTC WEEKLY LOG**

Week # **2**  
Date **08/03/2020**

**INSTRUCTIONS:**

- Make copies of this log and fill-out weekly
- No need to submit this form for verification. This is for your tracking purposes only
- If available, copy last week's performance and compare to this week's numbers

**LAST WEEK'S RECAP**

Total completed miles	6
# of completed Strength sessions	2
# of days stretched	4
# of completed Nutrition goals	20
Weight	155
Body Fat	Optional

**CARDIO**

	MON	TUE	WED	THU	FRI	SAT	SUN	This Week's Performance Total completed miles
Activity - Miles	Walk 3 miles	Treadmill 2 miles	Bike 4 miles	Rest	Walk 3 miles	Walk 1 mile	Rest	77 miles (3 bike miles count as 1 mile)

**STRENGTH**

	MON	TUE	WED	THU	FRI	SAT	SUN	# of completed sessions
Workout	Full Body Home Workout		Full Body Home Workout			Full Body Home Workout		3

**FLEXIBILITY**

	MON	TUE	WED	THU	FRI	SAT	SUN	# of days stretched
Stretch	check	check		check	check		check	5

**NUTRITION**

	MON	TUE	WED	THU	FRI	SAT	SUN	# of completed goals
Food	check	check	check		check	check	check	24 Better than last week!
Eat breakfast daily	check	check		check	check	check	check	
Lunch is the bigger meal	check		check	check	check		check	
Dinner small & light	check		check	check	check	check		
No eating out / takeouts	check		check	check	check	check		
Cook at home (7-Day Meal Plan)	check		check	check	check	check		

**IMPORTANT!** Completed Nutrition Goals Target: 50-55 Needs Improvement / 50-55 Good / 22-23 Better / 20+ Best

**NOTES**  
Did better overall last 3 full feeding Great!

**WEIGHT** **RZ**  
Change **3 lbs** **Washed!**

**BODY FAT**  
Change Optional

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- 1) Mark the week number and the starting date of each week
- 2) Copy the total numbers from the previous week for performance comparison (not applicable to first week of the challenge)
- 3) This area highlights the weekly goals
- 4) Tally the total numbers of completed miles / goals here
- 5) Put a check mark for every completed Nutrition goal
- 6) Tally up completed nutrition goals and see target
- 7) Notes about the week, reminders, thoughts
- 8) Weekly weigh-in information and change

# TTC WEEKLY LOG

Week # 2  
Date 08/03/2020

## INSTRUCTIONS:

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## LAST WEEK'S RECAP

Total completed miles	6
# of completed Strength sessions	2
# of days stretched	4
# of completed Nutrition goals	20
Weight	185
Body Fat	Optional

	MON	TUE	WED	THU	FRI	SAT	SUN	This Week's Performance
<b>CARDIO</b>	Activity - Miles	Activity - Miles	Activity - Miles	Activity - Miles	Activity - Miles	Activity - Miles	Activity - Miles	Total completed miles
<ul style="list-style-type: none"> <li>• Complete the minimum recommended miles</li> </ul>	Walk 3 miles	Treadmill 2 miles	Bike 6 miles	Rest	Walk 3 miles	Walk 1 mile	Rest	11 miles (3 bike miles count as 1 mile)

	MON	TUE	WED	THU	FRI	SAT	SUN	# of completed sessions
<b>STRENGTH</b>	Workout	Workout	Workout	Workout	Workout	Workout	Workout	
<ul style="list-style-type: none"> <li>• Complete the minimum recommended Strength Training sessions</li> </ul>	Full Body Home Workout		Full Body Home Workout			Full Body Home Workout		3

	MON	TUE	WED	THU	FRI	SAT	SUN	# of days stretched
<b>FLEXIBILITY</b>	Stretch	Stretch	Stretch	Stretch	Stretch	Stretch	Stretch	
<ul style="list-style-type: none"> <li>• Practice daily this week's recommended stretch</li> </ul>	check	check		check	check		check	5

	MON	TUE	WED	THU	FRI	SAT	SUN	# of completed goals
<b>NUTRITION</b>	Food	Food	Food	Food	Food	Food	Food	
<ul style="list-style-type: none"> <li>• Eat breakfast daily</li> <li>• Lunch is the bigger meal</li> <li>• Dinner small &amp; light</li> <li>• No eating out / takeouts</li> <li>• Cook at home (7-Day Meal Plan)</li> </ul>	check	check	check		check	check	check	24 Better than last week!
	check	check		check		check	check	
	check		check	check	check		check	
	check		check	check	check			
	check		check	check	check			

**IMPORTANT** Completed Nutrition Goals Target: 10-15 Needs Improvement / 16-21 Good / 22-27 Better / 28+ Best

## NOTES

Did better overall! Lost 3 lbs!!!! Feeling Great!!!

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<b>WEIGHT</b>	182
Change	3 lbs! Woohoo!!
<b>BODY FAT</b>	Optional
Change	Optional

