



LDC TRAINING

Leadership – Dedication - Commitment

Class

Code: _____

Name _____

Email Address _____

Phone # _____

Age _____

Goal _____

Height _____

Motivation _____

(trainer to complete shaded sections)

| BMR _____ THR _____ | <u>Week 1</u> | <u>Week 2</u> | <u>Week 3</u> | <u>Week 4</u> | <u>Week 5</u> | <u>Week 6</u> | <u>Week 7</u> |
|-------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Weight | | | | | | | |
| Waist | | | | | | | |
| Hips | | | | | | | |
| Chest | | | | | | | |
| Pushups (1 min.) | | | | | | | |
| Situps (1 min.) | | | | | | | |
| Plank Pose (to fail) | | | | | | | |
| Run/Walk (1 mile) | | | | | | | |

Injury/Med

Cond.? _____

Smoker? _____

Emergency

Contact Name _____

Phone # _____