

My



Power Play Program Tracker

| | |
|------|--|
| NAME | |
| GOAL | |

| | DATE: | | | | | | | | DATE: | | | | | | | | DATE: | | | | | | | | DATE: | | | | | | | |
|------------|--|-----------------------------|-----|---|---|---|---|------------------|------------------------|-----|---|---|---|---|------------------|----------------------------|--------------|---|---|---|---|------------------|---|-----|--------------|---|---|---|--|--|--|--|
| | OBSERVATION: | | | | | | | | OBSERVATION: | | | | | | | | OBSERVATION: | | | | | | | | OBSERVATION: | | | | | | | |
| | EXERCISE | REP | SET | R | C | S | B | EXERCISE | REP | SET | R | C | S | B | EXERCISE | REP | SET | R | C | S | B | EXERCISE | REP | SET | R | C | S | B | | | | |
| FUN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LEGS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| CHEST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| BACK | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ARMS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ABS & CORE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | AVERAGE EXERTION | ___/10 | | | | | | AVERAGE EXERTION | ___/10 | | | | | | AVERAGE EXERTION | ___/10 | | | | | | AVERAGE EXERTION | ___/10 | | | | | | | | | |
| | NOTES: | | | | | | | | NOTES: | | | | | | | | NOTES: | | | | | | | | NOTES: | | | | | | | |
| ♥ | OBSERVATION= FOCUS POINT | REP = NUMBER OF REPETITIONS | | | | | | SET= | R= RESISTANCE/STRENGTH | | | | | | C= | S= STRETCHING/ FLEXIBILITY | | | | | | B= | * For R,C,S,B just tick which one you did | | | | | | | | | |
| ♥ | PLEASE REMEMBER TO WARM UP FOR 5-10 MINUTES BEFORE EVERY POWER PLAY WORKOUT AND COOL DOWN FOR 10 MINUTES AFTER YOUR WORKOUT IS DONE! | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |