



EAT (Exercise Activity Thermogenesis) Log Sheets

EAT Resistance Program Training Log: Upper Body

MUSCLE GROUP	EXERCISE/LEVEL (LEVEL ONE, LEVEL TWO)	WEIGHT: BODY (B) OR POUNDS (LBS)	RATE OF PERCEIVED EXERTION (RPE)
ROTATION A			
CORE			
CHEST			
BACK			
SHOULDERS			
ARMS			
ROTATION B			
CORE			
CHEST			
BACK			
SHOULDERS			
ARMS			



EAT Resistance Program Training Log: Lower Body

MUSCLE GROUP	EXERCISE/LEVEL (LEVEL ONE, LEVEL TWO)	WEIGHT: BODY (B) OR POUNDS (LBS)	RATE OF PERCEIVED EXERTION (RPE)
ROTATION A			
CORE			
THIGHS			
GLUTEALS			
HAMSTRINGS			
CALVES			
ROTATION B			
CORE			
THIGHS			
GLUTEALS			
HAMSTRINGS			
CALVES			