



Dr Penny.ca
Weight Loss Services Inc.
The DietSmart Plan

The DietSmart Plan Personal Training

DIETSMART Physical Education

Body Specifications:

Body Fat % _____ BMI _____
Age: ____ Sex: ____ Height: _____

WLGO Reality Goal

17% of your body weight.

WLGO Start Weight: _____ X .17 = _____
pounds you **must lose** to successfully complete the program for your 80% Grant Reward.

Measurements:

Initial:	Start	Finish
Chest		
Waist		
Hips		

Rehabilitation or Limitations: _____

Dress appropriately with good foot wear. Consult with your doctor before starting a diet/exercise plan or program. Work at your own pace and within your limitations.

F.I.T.T & THR Burn More Fat

F requency – min. 3 – 5 x weekly

I ntesity - work in your THR

T ype - aerobic or anaerobic

T ime – duration of workout 30 min,
45 min, or 1 hour.

Your Target Heart Rate = _____ b/m
(220 – Age) – .70 divide by 6 = your beats
per minute / per 10 second pulse count.

Workout Rules for Success

- Make a Commitment
- Set Realistic Goals
- Change Your Priorities
- Pick a Specific Day and Time
- Start Slowly
- Be Consistent
- Warm-Up
- Stretch
- Use Good Form
- Use Full Range of Motion
- Breathe Properly
- Be Focused
- Increase Resistance Slowly
- Avoid Pain
- Rest
- Reward Yourself

For more information:

Contact DrPenny Weight Loss Services Inc.
online @ www.drpenny.ca
613 968 8100

Weekly Workout Log

Week	Cardio x3	Strength x2	Core x4
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			

1. **Anaerobic Conditioning:** • For quick, all-out sprints • Fuel used is carbohydrates
2. **Anaerobic Conditioning:** • When your body burns glucose/glycogen
• Need oxygen for continuous movements
3. **Fatty Acids:** • body burns both sugar and fat from both aerobic and anaerobic activity.