

GOALS

RISKS

TACTICS

# Exercise

# Worksheet

TACTIC 03 / 05

STEP 1. ASSESS

# Exercise Worksheet

DATE

MARGINAL DECADE GOALS

CENTENARIAN DECATHLON OBJECTIVES

STEP 1. ASSESS

# Exercise Worksheet

DATE

MARGINAL DECADE GOALS

CENTENARIAN DECATHLON OBJECTIVES

STEP 1. ASSESS

# Exercise Worksheet

DATE

EXERCISE PHENOTYPES (CIRCLE ONE)

Beginner

I DON'T REALLY EXERCISE

Cardio

I MOSTLY DO CARDIO

Strength

I MOSTLY DO STRENGTH TRAINING

Maximalist

I DO IT ALL

FITNESS TRAINING BASELINE

TRAINING AGE

CURRENT TRAINING VARIETY

ACUTE OR CHRONIC INJURIES

I ENJOY THESE PHYSICAL ACTIVITIES

OPPORTUNITY COST

WHAT DOES SPENDING MORE TIME ON EXERCISE TAKE ME AWAY FROM?

STEP 1. ASSESS

# Exercise Worksheet

DATE

CURRENT LEVEL OF FITNESS

CURRENT VO<sub>2</sub> MAX AND PERCENTILE

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HOW DOES IT COMPARE TO MY STRETCH GOAL AS DISCUSSED IN LESSON 9.4?

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CURRENT ZONE 2 WATTAGE

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HOW DOES IT COMPARE TO MY STRETCH GOAL AS DISCUSSED IN LESSON 9.4?

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CURRENT LEAN MUSCLE MASS (ALMI)

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HOW DOES IT COMPARE TO MY STRETCH GOAL AS DISCUSSED IN LESSON 9.5?

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WHAT DO MY CENTENARIAN DECATHLON OBJECTIVES TELL ME ABOUT HOW STRONG I NEED TO BE TODAY TO ACCOMPLISH MY MARGINAL DECADE GOALS?

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## STEP 3: TRACK

DATES

## Exercise Worksheet

WEEK 1

DAY/DATE	STRENGTH	STABILITY	AEROBIC EFFICIENCY ZONE 2 (MINS)	ANAEROBIC PERFORMANCE VO2 MAX (MINS)
1				
2				
3				
4				
5				
6				
7				
WEEKLY TOTALS				

WEEK 2

DAY/DATE	STRENGTH	STABILITY	AEROBIC EFFICIENCY ZONE 2 (MINS)	ANAEROBIC PERFORMANCE VO2 MAX (MINS)
1				
2				
3				
4				
5				
6				
7				
WEEKLY TOTALS				

## STEP 3: TRACK

DATES

## Exercise Worksheet

WEEK 3

DAY/DATE	STRENGTH	STABILITY	AEROBIC EFFICIENCY ZONE 2 (MINS)	ANAEROBIC PERFORMANCE VO2 MAX (MINS)
1				
2				
3				
4				
5				
6				
7				
WEEKLY TOTALS				

WEEK 4

DAY/DATE	STRENGTH	STABILITY	AEROBIC EFFICIENCY ZONE 2 (MINS)	ANAEROBIC PERFORMANCE VO2 MAX (MINS)
1				
2				
3				
4				
5				
6				
7				
WEEKLY TOTALS				

REFLECT

# Exercise Worksheet

DATE

HOW OFTEN AM I FOLLOWING MY EXERCISE PROGRAMMING? WHAT ADJUSTMENTS SHOULD I MAKE TO DO BETTER?

HOW DOES MY EXERCISE PROGRAMMING NEED TO EVOLVE BASED ON MY PROGRESS?

HOW AM I DOING BASED ON MY CENTENARIAN DECATHLON OBJECTIVES, AND DO I NEED TO ADD NEW OBJECTIVES?

I WILL RETEST MY VO<sub>2</sub> MAX ON...

I WILL RETEST MY ZONE 2 CAPACITY ON...

I WILL RETEST MY DEXA (LEAN MUSCLE MASS) ON..

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