ÆSTHETIC											
#E3 I			Nut	ritional Log							
EDGE											
Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
Supplements											
Breakfast											
Lunch											
Snack											
Pre Workout											
Post Workout											
Dinner											



Day	Muscle Group	Exercise	Progression	Tempo	Rest Period		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
Monday						Reps							
Wionday						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
Tuesday						Reps							
Tuesday						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							



Day	Muscle Group	Exercise	Progression	Tempo	Rest Period		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
Wednesday						Reps							
vveunesday						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
Thursday						Reps							
,						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							



Day	Muscle Group	Exercise	Progression	Tempo	Rest Period		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
Friday						Reps							
may						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
Saturday						Reps							
,						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							

# ESTHETIC EDGE ONLINE Day Muscle Group

Day	Muscle Group	Exercise	Progression	Tempo	Rest Period		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Notes
						Reps							
						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
Sunday						Reps							
Sullday						Weight							
						Reps							
						Weight							
						Reps							
						Weight							
						Reps	·		·				
						Weight							