

YOUR FIRST WEEK OF MUSCLE-BUILDING

SETUP CHECKLIST

Five short actions to organize your time, equipment, and notes. You can use this worksheet with or without a paid program.

NAME _____ WEEK OF _____

01 Pick a starting point. ☐

Write one habit you want to improve this week.

My focus: _____

02 Know your setup. ☐

Note where you will train and what equipment you can access.

Location / equipment: _____

03 Make room in your week. ☐

Mark realistic openings on page 2. If you have a program, add its sessions.

☐ I have a plan

☐ I need help choosing a plan

04 Choose a place to log. ☐

Keep your notes together so you can find and review them.

My log lives in: _____

05 Choose your review time. ☐

Set a time to look back. Identify someone who can clarify instructions.

Review time: _____ Who I can ask: _____

NEXT: MAP YOUR WEEK

PAGE 02 >

For general education and planning. This worksheet does not prescribe exercise or nutrition. Use the instructions in your chosen program and ask a qualified trainer when you need help.

YOUR WEEK, ON PAPER.

Plan a realistic action or note an available time. Afterward, record what you completed, rescheduled, or want to ask about.

WEEK OF _____

WRITE A PLAN YOU CAN FIND AND FOLLOW.

DAY	TIME / PLANNED ACTION	DONE / MOVED / NOTES
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

LOOK BACK. PICK YOUR NEXT STEP.

One thing that worked:

One obstacle to plan around next week:

One question I want answered:

Explore The Foundational Five

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