

Practise keeping a training and food log

Compare two session notes, convert a half-serving label and keep a moved workout on the correct day.

01 Make a training diary entry you can compare later

Using a fictional session, write the exercise name, the equipment you used and how much time you recorded.

Write a sample diary entry

02 Read a protein label for a half serving

A fictional nutrition label says 16 g of protein per serving. What number would you log for exactly half a serving?

Answer in grams

03 Keep a weekly workout record accurate when plans move

A fictional session was planned for Tuesday and completed on Thursday. Which entry keeps planned and completed days clear?

- ▢ Move or record the completed session on Thursday
- ▢ Mark both days complete for the single session

Worked answers
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