



The Primal Journey Exercise Log

Must log at least 3 workouts for the week to get points. Less than 3 results in zero workout points for the week.

Workout 6 days in one week, 6 x 100 = 600 points

Bonus: 5 Bonus points for Post W/O Nutrition, 5 Bonus points for full 8 hours of sleep.

Week

Day	Exercise Description	Length of WO	Post WO Nutrition?	8 Hrs Sleep?
1				
2				
3				
4				
5				
6				
7				

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1				
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