The Journal Advantage

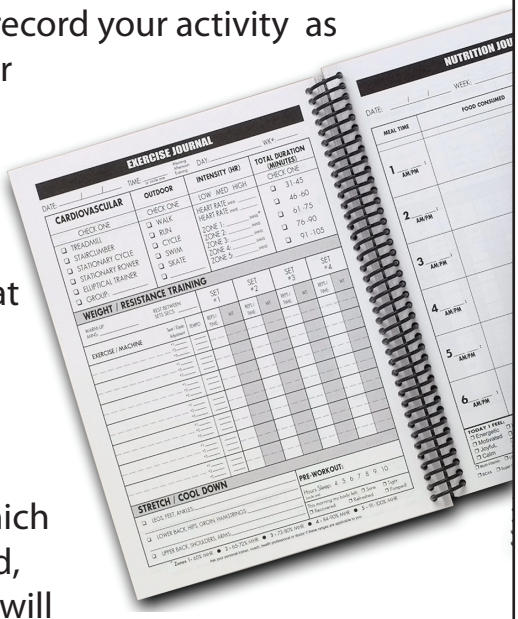
The **Daily Journal** is a one-way ticket to your success. It is the only record-keeping tool to meet our **professional standards** for **training, teaching** and **motivating.**

Here's why...

Proven Success: While there are plenty of alternatives to track exercise and nutrition, none of them, to our knowledge, have the **proven track record** of our Daily Journal. It is specifically designed for our coaching and training purpose.... ***YOUR SUCCESS!***

Holistic Design: Beyond exercise and nutrition, our Daily Journal tracks additional attributes like sleep, mood, stretching, warm-ups, cool-downs, etc. as well as muscle skeletal charts, guidelines and scheduling.

Instant Real-Time Recording: When you immediately record your activity as in the Daily Journal, the instant association facilitates your "mind-body" connection -- ie; the feeling of accomplishment transferred to your brain by writing it down. Through repetition this connection becomes habit.



Instant Oversight & Feedback & Notes: You'll note that we constantly review your journal to gain a "snapshot" of your progress. We also may write notes inside for modifications to your program -- or for encouragement.

Bullet-Proof: The Daily Journal is paper and plastic... which means you can drop it on the floor... take it out to the field, pool, court or wherever you may train. And a little sweat will not hurt it a bit!

Your Personal Best
Training Studio
Guaranteed Results!