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Thank you for your interest in the Synergy Institute. We appreciate your choice in our exceptional resources and products.

Dear Customer,

The Synergy Institute offers a whole line of ready to use Personal Development workbooks, forms, and visually-descriptive handouts in ready-to-print PDF format for you to use and it's 100% free! Our commitment has always been to provide the most effective tools for personal transformation and put them in the hands of the people who need them the most. Please feel free to print out and share these valuable resources with your friends, family and co-workers.

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Advertise on This Page on all our Forms

SynergyInstituteOnline.com is one of the top personal development sites on the internet. Our site gets approximately 1,500 visitors a day who are looking for self improvement and personal growth advice and solutions. The Synergy Forms Bank offers hundreds of Personal and Professional forms, questionnaires, and visually-based material designed by the Synergy Institute and 100% free to our users.

Benefit from viral online and offline marketing

All of our forms come with a cover page, just like the one you are reading now. We have made it possible for you to benefit from our distribution by offering sponsorship for our forms. We've discovered that our forms get distributed virally, whether it's between friends or in the corporate world from manager to employee.

For more information, please contact us at:
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What is the Synergy Institute?

The Synergy Institute is a personal development publishing and training company based out of San Diego, California. Our mission is to provide the tools and the education needed to help as many people as we can create a positive change in their lives.

We offer:

- Life & Personal Coaching Services
- Self Improvement Resource Publishing
- Corporate Soft-Skills Training
- Personal Growth Seminars
- Personal Development Products

Who is Tristan Loo?

Tristan Loo is a professional Life Coach, Author, Presenter and Founder of the Synergy Institute. He is internationally recognized as an authority on human potential, communication and personal effectiveness. Tristan's amazing success rate at having his clients reach their goals has him in high demand all over the world and has attracted the attention of an A-list clientele. His methods have been successful in helping people achieve their happiness in life where traditional approaches have consistently failed. In business settings, Tristan's practical techniques have consistently increased motivation, improved communication and increased sales. Tristan's vision is a world where every individual realizes their fullest human potential to achieve what they believe.

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Work Out Log

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A workout log is a way for you to measure and keep track of your fitness and strength progression. Use the comments section to record how you felt on that particular day. Print off a month's worth of these forms and place them in a three ring binder. Keep this binder with you during your workouts and archive each completed month so that you can maintain a total record of your physical development.

Day #

Name	Date
Start Time	End Time
Focus Area	Total Workout Time

Set #	Muscle Targeted	Exercise	Weight	Planned Reps	Actual Reps
Set #1					
Set #2					
Set #3					
Set #4					
Set #	Muscle Targeted	Exercise	Weight	Planned Reps	Actual Reps
Set #1					
Set #2					
Set #3					
Set #4					
Set #	Muscle Targeted	Exercise	Weight	Planned Reps	Actual Reps
Set #1					
Set #2					
Set #3					
Set #4					
Set #	Muscle Targeted	Exercise	Weight	Planned Reps	Actual Reps
Set #1					
Set #2					
Set #3					
Set #4					
Set #	Muscle Targeted	Exercise	Weight	Planned Reps	Actual Reps
Set #1					
Set #2					
Set #3					
Set #4					
Set #	Muscle Targeted	Exercise	Weight	Planned Reps	Actual Reps
Set #1					
Set #2					
Set #3					
Set #4					

Comments