Pre Gym Checklist

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# Tasks:

☐ **Pre-workout Preparation**

☐ **Have a workout journal to write down and record your lifts.**

☐ **Consume a small meal 45-60 minutes before you start warm-ups.**

☐ **Consume your pre-workout drink 30 minutes before you start warm-ups.**

☐ **Take all pre-workout supplements you wish to take (such as creatine, glutamine, an energy booster).**

☐ **Gather your gym clothes.**

☐ **Gather your equipment; wrist straps, lifting belt, heart rate monitor, stopwatch.**

☐ **Prepare your workout drink.**

☐ **Listen to some motivational tunes on the way to the gym.**

☐ **Workout**

☐ **Warm up for 5-10 minutes**

☐ **Review what is in store for the next hour.**

☐ **Know in advance what you plan to accomplish.**

☐ **Make sure every single one of your workouts carry the same intensity.**

☐ **Post-workout**

☐ **Cool down and stretch for a solid 15 minutes each time.**

☐ **Take a moment to reflect on your performance.**

☐ **Try to figure out why you did better or worse and make notes.**

☐ **Try to relax.**