

BJJ Strength Training Systems

The Accountability Log

To get the most out of your training program you must have several elements in place. In order to help you keep track of it all you can use the Accountability Log. Here is an overview of the elements and suggestions for how often you should use them each week:

- **Multi Vitamin/ Mineral:** **daily**
- **Essential Fatty Acids (EFA):** **daily**
- **Pre/ Post Workout Drinks (PWD):** **2-4 per week with training**
- **Strength & Conditioning Training:** **2-4 per week**
- **Mobility Training sessions:** **2-5 per week**

Here's how to use the Accountability Log – simply write how many times you plan on utilizing each component in the blank space to the right of that component. Remember to be realistic with your goals so you don't set yourself up for frustration if you are consistently unable to reach them.

Once you have done that then each day just mark an X in the row for each component that you do. At the end of each week look back and see how you did in relation to your goals. This gives you a great way to look back on your training in an objective way each week.

Noting any patterns and the effect they had on your progress is the key. If you are not getting the results you are looking for go back and compare the criteria listed up top against your personal patterns. Many times we can trace inconsistent results to inconsistent efforts.

Dates: _____

Weekly Goals:

- **Multi Vitamin/ Mineral:** **daily**
- **Essential Fatty Acids (EFA):** **daily**
- **Pre/ Post Strength Training Drinks (PWD):** _____
- **Strength & Conditioning Training sessions:** _____
- **Mobility Work sessions:** _____

| | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---------------------|-----|-----|------|-----|-------|-----|-----|
| Multi Vit./ Mineral | | | | | | | |
| EFA | | | | | | | |
| PWD | | | | | | | |
| Strength Training | | | | | | | |
| Mobility Training | | | | | | | |

Notes: _____

Improvements for Next Week: _____
