

Message Feet Chart

MESSAGE FEET CHART

Use the reference values below as a guide only. Always check the figures against current product information and your own practice protocols.

MESSAGE FEET REFERENCE VALUES

Exercise

Sets x reps

Range / notes

Source and date checked

Exercise: _____

Sets x reps: _____

Range / notes: _____

Source and date checked: _____

Exercise: _____

Sets x reps: _____

Range / notes: _____

Source and date checked: _____

Exercise: _____

Sets x reps: _____

Range / notes: _____

Source and date checked: _____

Exercise: _____

Sets x reps: _____

Range / notes: _____

Source and date checked: _____

Exercise: _____

Sets x reps: _____

Range / notes: _____

Source and date checked: _____

Exercise: _____

Sets x reps: _____

Range / notes: _____

Source and date checked: _____

Exercise: _____

Sets x reps: _____

Range / notes: _____

Source and date checked: _____

Exercise: _____

Sets x reps: _____

Range / notes: _____

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Sets x reps: _____

Range / notes: _____

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Exercise: _____

Sets x reps: _____

Range / notes: _____

Source and date checked: _____

Exercise: _____

Sets x reps: _____

Range / notes: _____

Source and date checked: _____

Exercise: _____

Sets x reps: _____

Range / notes: _____

Source and date checked: _____

Exercise: _____

Sets x reps: _____

Range / notes: _____

Source and date checked: _____

Exercise: _____

Sets x reps: _____

Range / notes: _____

Source and date checked: _____

Approved by: _____

Date approved: _____ dd / mm / yyyy

RECORDING

Date

Time

Exercise

Sets x reps

Recorded by

Date: dd / mm / yyyy

Exercise:

Recorded by:

Time:

Sets x reps:

Date: dd / mm / yyyy

Exercise:

Recorded by:

Time:

Sets x reps:

Date: dd / mm / yyyy

Exercise:

Recorded by:

Time:

Sets x reps:

Date: dd / mm / yyyy

Exercise:

Recorded by:

Time:

Sets x reps:

Date: dd / mm / yyyy

Exercise:

Recorded by:

Time:

Sets x reps:

Date: dd / mm / yyyy

Exercise:

Recorded by:

Time:

Sets x reps:

Date: dd / mm / yyyy

Exercise:

Recorded by:

Time:

Sets x reps:

Date: dd / mm / yyyy

Exercise:

Recorded by:

Time:

Sets x reps:

Date: dd / mm / yyyy

Exercise:

Recorded by:

Time:

Sets x reps:

Date: dd / mm / yyyy

Exercise:

Recorded by:

Time:

Sets x reps:

Date: dd / mm / yyyy

Exercise:

Recorded by:

Time:

Sets x reps:

Date: dd / mm / yyyy

Exercise:

Recorded by:

Time:

Sets x reps:

Date: dd / mm / yyyy

Exercise:

Recorded by:

Time:

Sets x reps:

Notes