Journal Entries

Binghamton University

Kevin Andrade

Journal 1:  
8/28/17

Workout:

Bench press 75 x 15 x2

Kickbacks 10x 10 x 2

Reflection:

I felt out of shape. Mentally I’m still getting used to school due to me being a new transfer student. The kick-backs really worked my arms out, I felt them getting sorer and sorer as time progressed.

Diet:

I had a sausage egg and cheese for breakfast today. I drank plenty of water and a morning iced coffee. For lunch, I plan on having some pasta.

Journal 2:

8/30/17 -> absent

Workout:  
 Bench press 45 x 8 x 3

Overhead extensions: 10 x 10 x 3

Reflection:

Even though I was absent, I decided to work out on my own. I felt weak and shaky doing the bench press. It has been a long time since I have worked out. I feel sore from last class period so that made it harder.

Diet:

I made some scrambled eggs with toast. Had milk in the morning and in the afternoon, I had a BLT sandwich.

Journal 3:

9/1/17

Workout:

Incline bench press: 45 x 15 x 2

Standing triceps extensions: 30x 12 x 2

Standing calf raises (Dumbbells): 10 x 15 x 2

Hi lo pulley: 64 x 12 x 2

Concentration curls: 17.5 x 12 x 2

Overhead Extensions: 7.5 x 12 x 2

Reflection:

Today, I felt very tired after the workout. It has been a long time and getting back into the gym is hard. I had a good night of sleep so I feel awake. I am still getting used to this new college.

Diet:

I had a banana and some toast for breakfast. For lunch, I had a roasted chicken sandwich with whole wheat bread.

Journal 4:

9/6/17

Workout:

Fitness assessment 1st round

Reflection:

I feel better than before, both mentally and physically. Courses are starting to get overwhelming so I’m doing my best to try to manage that.

Diet:

This morning I had a croissant with bacon, egg, and cheese. Before class I ate another grilled chicken sandwich on a whole-wheat bread.

Journal 5:

9/8/17

Workout:

Continuation of fitness assessment 1st round

Reflection.

I am so sore from the last assessment. Every time I twist or stretch my arms out it hurts (not in a bad way). I am starting to get used to working out and I feel my body adapting to it. I feel very relaxed after today’s workout which is a feeling I don’t normally get.

Diet:

I ate some toasted bread with milk and for lunch I had some fries and chicken.

Journal 6:

9/11/17

Workout:

Bent over row: 45 x 10 x 1

55 x 10 x 2

Pull-Overs: 15 x 10 x1 20 x 10 x 2

Step Up: 0 x 10 x 1.

15 x 10 x 1

15 x 10 x 1

Reflection:  
I felt that I needed to work on my balance. I was constantly slipping out of place, which is not good. I hope with time that this gets easier. Mentally I don’t feel much different but the workouts are starting to become a routine to me.

Diet:

In the morning, I had some eggs and toast and for lunch I had beef with a salad.

Journal 7:

9/13/17

Workout:

Legcurls: 30 x 10 x 1

50 x 10 x 1

50 x 12 x 1

Front raises: 7.5 x 10 x 2

10 x 10 x 1

lateral raises 5 x 10 x 2

10 x 10 x 1

Rear axis row/ rear delta: 70 x 10 x 1

Reflection:  
My diet has not changed much but I am starting to feel stronger. My shoulders feel sore today! Working out my shoulders is a part I have never worked out, feeling this soreness makes me eager for future workouts.

Diet:

Eggs and pancakes in the morning with some orange juice. This afternoon I plan on eating some chicken soup with vegetables.

Journal 8:

9/15/17

Workout: (1)

Dual axis row/ Rear delta: 70 x 10 x 1

80 x 10 x 2

80 x 8 x 1

Lat pulldown:

62 x 80 x 3

Side laterals: 5 x 13 x 2

10 x 8 x 1

Chest Press: 70 x 10 x 2

Reflection:

I feel better physically and mentally. Classes are getting crazy but I’m hanging on. I feel like im more mentally tired than physically. The soreness is gone down and I can perform my exercises better now.

Diet:

Two bananas and some coffee for breakfast. Today I will eat roasted chicken with rice for lunch.

Journal 9:

9/18/17

Workout:

Standing Calf Raise: 10 x 12 x 2

17.5 x 12 x 1

Overhead Extensions: 10 x 12 x 2

20 x 12 x 2

Inclined bench-press: 45 x 12 x 2

Lunges: 10 x 12 x 3

Reflection:

I really felt the lunges! I have never done them before but I could feel my muscles expanding and contracting. I know this is going to leave me sore in the morning. Everything else felt “standard” to me. I’m able to do more work easier when compared to before.

Diet:

I ate oatmeal for breakfast with a glass of orange juice. For lunch, I plan on eating rice with steak.

Journal 10:

9/20/17

Workout: (2)

Concentration curls: 12.5 x 12 x 2

17.5 x 8 x 1

Reverse curls: 7.5 x 10 x 2

12.5 x 10 x 2

Front pulldown: 48 x 10 x 1

56 x 12 x 1

64 x 8 x 1

Leg Curls: 55 x 10 x 2

6 x 10 x 1

Reflection:

I feel alive today. While mentally classes are overwhelming, working out has become an outlet for me to feel relaxed. I really enjoy these classes because it’s like I can put everything aside for a short moment. Physically I feel stronger and stronger every day, my biceps look like they are increasing, along with my calves.

Diet:

Unfortunately, my diet still needs work. I had cereal this morning with some strawberries. This afternoon I plan on eating some marinated chicken with rice and lentils.

Journal 11:

9/22/17

Workout:

Leg Press: 260 x 10 x 2

290 x 10 x 1

Leg curls: 50 x 10 x 1

70 x 10 x 2

Calf raises:

17.5 x 12 x 1

25 x 12 x 1

Reflection:

My legs are sore from leg day. I feel improvement in my leg; they are stronger, harder, and have a lot more stamina to them. My sleep schedule still needs to be worked on, im getting around 5 hours of sleep.

Diet:

Ate two croissants with some coffee. This afternoon I am planning on making a salad with beef and some cheese.

Journal 12:

9/29/17

Workout:

Leg Extensions: 70 x 10 x 2

Inner thigh ab deductor: 34 x 12 x 2

39 x 8 x 1

Flat bench press: 65 x 10 x 2

75 x 8 x 1

Lat Pulldown: 62.5 x 12 x 2

75 x 10 x 1

Skull Crusher: 10 x 10 x 2

Reflection:

I feel sore all over the place. I feel stronger and thinner. I hope this continues. Mentally im having headaches every day. My technical writing course is mentally exhausting me. Today I felt like I could have done better. I know I need to get a better sleeping schedule and a better rest schedule.

Diet:

I ate a bacon egg and cheese at dunking donuts. This afternoon im going to eat some frozen yogurt with a ham sandwich.

Journal 13:

10/2/17

Workout:

Hammer curl: 15 x 12 x 2

17.5 x 10 x 1

Concentration curl: 10 x 12 x 2

15 x 10 x 1

Dual axis row:

50 x 12 x 2

70 x 8 x 1

Lat Pull-Down: 75 x 10 x 2

87.5x 5 x 1

Reflection:

My first day of my workout routing. I have never done a routing like this before and am excited to see the results. Everything felt average to me with some soreness, specially during the hammer curls.

Diet:

Cereal with fruits and for lunch I’m going to eat some tuna fish and pasta.

Journal 14:

10/4/17

Workout:

Chest Press; 50 x 10 x 1

60 x 10 x 1

70 x 10 x 1

Overhead Extensions: 12.5 x 10 x 2

15 x 10 x 1

Incline Bench Press: 45 x 10 x 2

65 x 8 x 1

Skull Crusher:

12.5 x 10 x 3

Flat Bench Press: 45 x 10 x 2

65 x 10 x 1

Triceps Pulldown: 24 x 10 x 1

Reflection:

I took it easy today because unfortunately I have not had the time to eat. I barely slept due to my Technical writing course for computer science. It is a very labor intensive course that has me mentally tired. I feel very tired and sore after today’s workout.

Diet:

I plan on having some pasta with chicken in it this afternoon.