**Participant Exercise Log**

**Participant Number:**

**Name: Age: Sex:**

**Weight: ½ Weight: Placebo/Intervention**

Day 1: Baseline (Squats, ChinUps, Bench): Participant will complete as many repetitions as they can while lifting ½ of their body weight for the following exercises:

1. Squats:
2. Chin Ups:
3. Bench:

Day 2: all participants take 8 capsules of DNA or placebo

1. Participant verbally states compliance: YES / NO

Day 3: all participants take 8 capsules of DNA or placebo

1. Participant verbally states compliance: YES / NO

Day 4: all participants take 8 capsules of DNA or placebo and repeats exercise procedures from day one. Participant verbally states compliance: YES / NO

1. Squats:
2. Chin Ups:
3. Bench:

I’m involved in the following sports: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My thoughts regarding DNA: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I experienced the following side effects: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_