

Exercise Planner

Use this section to plan your active and rest days, along with your exercises to take the guesswork out of your fitness plan.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Focus:	Focus:	Focus:	Focus:	Focus:	Focus:	Focus:
Exercises:	Exercises:	Exercises:	Exercises:	Exercises:	Exercises:	Exercises:

Reflect on how you did in the space below. Make note of any improvements, difficulties, or skipped workouts.

How'd I do?	How'd I do?	How'd I do?	How'd I do?	How'd I do?	How'd I do?	How'd I do?

