

Weekly Fitness Planner



Week of: _____

My Goal: _____

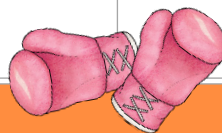
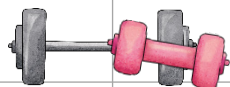
Beginning Wight _____



Ending Wight _____



Monday	Tuesday	Wednesday	Thursday	Friday
Cardio	Cardio	Cardio	Cardio	Cardio
Strength Training	Strength Training	Strength Training	Strength Training	Strength Training
Cross Training	Cross Training	Cross Training	Cross Training	Cross Training
Saturday		Sunday		
Physical Activity for Enjoyment		Physical Activity for Enjoyment		



Nothing feels **better** than a finished **WORKOUT**