



weekly exercise plan

PLAN IT. MOVE IT. FEEL YOUR BEST.



WEEK OF: _____

	FOCUS / GOAL	WORKOUT	TIME	NOTES
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

WEEKLY GOALS









MOVEMENT TO-DO LIST



















REMEMBER



fuel your body



stay hydrated



rest & recover



NOTES & WINS





consistency over perfection

