

Exercise Routine

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wk. 1							
Wk. 2							
Wk. 3							
Wk. 4							

Place a ✓ in the square for the days you plan to exercise

Week 1 exercise routine (what will you do? I.E. Run, Lift weights, Yoga, Etc...)

Week 2

Week 3

Week 4
