

Weekly Fitness Planner

By Little Steps, Big Happy

Monday

Workout: _____

Time: _____ Location: _____

Tuesday

Workout: _____

Time: _____ Location: _____

Wednesday

Workout: _____

Time: _____ Location: _____

Thursday

Workout: _____

Time: _____ Location: _____

Friday

Workout: _____

Time: _____ Location: _____

Saturday

Workout: _____

Time: _____ Location: _____

Sunday

Workout: _____

Time: _____ Location: _____