

My Exercise Plan!

My S.M.A.R.T. goal: _____

I will exercise _____ days a week.

Types of workouts I will do:

My week of workouts at a glance:

Sun

Workout Type: _____

Time: _____

Location: _____

Mon

Workout Type: _____

Time: _____

Location: _____

Tue

Workout Type: _____

Time: _____

Location: _____

Wed

Workout Type: _____

Time: _____

Location: _____

Thu

Workout Type: _____

Time: _____

Location: _____

Fri

Workout Type: _____

Time: _____

Location: _____

Sat

Workout Type: _____

Time: _____

Location: _____

Notes: