

# My Plan for Getting *Fit* This Week!

My goals this week:

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**Monday:**

Activity: \_\_\_\_\_

\_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

**Tuesday:**

Activity: \_\_\_\_\_

\_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

**Wednesday:**

Activity: \_\_\_\_\_

\_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

**Thursday:**

Activity: \_\_\_\_\_

\_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

**Friday:**

Activity: \_\_\_\_\_

\_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

**Saturday:**

Activity: \_\_\_\_\_

\_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

**Sunday:**

Activity: \_\_\_\_\_

\_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

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*The only **bad** workout  
is the one that  
**didn't** happen!*

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