

Weekly Fitness

Week _____

Month _____

Monday Exercises:

Tuesday Exercises:

Wednesday Exercises:

Thursday Exercises:

Friday Exercises:

Saturday Exercises:

Sunday Exercises:

Weekly Goals

- ☐ ☐ _____
- ☐ ☐ _____
- ☐ ☐ _____
- ☐ ☐ _____

My Motivation

Notes / Reminder

☐ To Start ☒ Ok ☐ Delay ☒ Stuck ☒ Cancel