

# 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