

EIGHT WEEK EXERCISE PLANNER - SUMMARY

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____
2	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____
3	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____
4	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____
5	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____
6	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____
7	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____
8	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____	Time _____ Activity _____