Today's Plan

Date: ___ / ___ / _____ S M T W T F S

Must Do:

1. _____
2. _____
3. _____

Exercise	Minutes
☐ Cardio	_____
☐ Strength	_____
☐ Flexibility	_____

Plan of Action

7am: _____	3pm: _____
8am: _____	4pm: _____
9am: _____	5pm: _____
10am: _____	6pm: _____
11am: _____	7pm: _____
12pm: _____	8pm: _____
1pm: _____	9pm: _____
2pm: _____	10pm: _____

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To Do's:

- ☐ _____
- ☐ _____
- ☐ _____
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Notes

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