

JANUARY 2015 FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
CARDIO(3-5x/week) STRENGTH (2-3x/week) FLEXIBILITY (2-7x/week)				1	2	3	CARDIO: _____ STRENGTH: _____ FLEXIBILITY: _____
4	5	6	7	8	9	10	CARDIO: _____ STRENGTH: _____ FLEXIBILITY: _____
11	12	13	14	15	16	17	CARDIO: _____ STRENGTH: _____ FLEXIBILITY: _____
18	19	20	21	22	23	24	CARDIO: _____ STRENGTH: _____ FLEXIBILITY: _____
25	26	27	28	29	30	31	CARDIO: _____ STRENGTH: _____ FLEXIBILITY: _____