

# Weekly Workout Schedule

weekly workout calendar for \_\_\_\_\_

<b>Monday</b>	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>
<b>Tuesday</b>	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>You are meant with strength training water consumption that is not to be neglected and water for cardio should be 10-15 L per day</small>
<b>Wednesday</b>	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>Do strength training in order to build up your muscles... 1 Litre per day</small>
<b>Thursday</b>	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>After your workout to help soothe your muscles and prevent injury... 10-15 L per day</small>
<b>Friday</b>	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>Stretching is very important and helps to prevent injury... 10-15 L per day</small>
<b>Saturday</b>	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>You do not have to workout for 30 minutes on days you are not working you should still work out for 10-15 L per day</small>
<b>Sunday</b>	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>Stretching is very important and helps to prevent injury... 10-15 L per day</small>

Created by Alisha @ Flourish (@alishagrathouse.com)

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*Daily Scriptural Encouragement*

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