



WEEKLY EXERCISE PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
TIME	TIME	TIME	TIME	TIME	TIME	TIME
LOCATION	LOCATION	LOCATION	LOCATION	LOCATION	LOCATION	LOCATION
REMARKS	REMARKS	REMARKS	REMARKS	REMARKS	REMARKS	REMARKS
NOTE	NOTE	NOTE	NOTE	NOTE	NOTE	NOTE

THE WEEKLY PLANNER HAS 16 SPACES TO PLAN YOUR EXERCISE, 10 MINUTE AND 30 MINUTE LONG.