

Weekly Workout Schedule

weekly workout calendar for _____

Monday	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>
Tuesday	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>
Wednesday	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>Do strength training in order to build up your muscles... 1 Litre per day</small>
Thursday	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>
Friday	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>Stretching helps soothe your muscles... 10-15 L per day</small>
Saturday	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>You do not have to stretch for your muscles but it is best to stretch your muscles after your workout... 10-15 L per day</small>
Sunday	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>Stretching helps soothe your muscles... 10-15 L per day</small>

Created by Alisha @ Flourish (@alishagrathouse.com)

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Monday	Tuesday
Cardio _____ Strength Training _____ Total water consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>	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>
Wednesday	Thursday
Cardio _____ Strength Training _____ Total water consumed _____ mL <small>Do strength training in order to build up your muscles... 1 Litre per day</small>	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>
Friday	Saturday
Cardio _____ Strength Training _____ Total water consumed _____ mL <small>Stretching helps soothe your muscles... 10-15 L per day</small>	Cardio _____ Strength Training _____ Total water consumed _____ mL <small>You do not have to stretch for your muscles but it is best to stretch your muscles after your workout... 10-15 L per day</small>
Sunday	
Cardio/Strength Training _____ Total Water Consumed _____ mL <small>Stretching helps soothe your muscles... 10-15 L per day</small>	

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Daily Scriptural Encouragement

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