

Fitness PLANNER

WEEK OF: _____

MONDAY	
<i>Meal planner</i> B L S D	WORK OUT <i>strength</i> _____ <i>cardio</i> _____ <i>water</i>       
CALORIES IN	CALORIES OUT

TUESDAY	
<i>Meal planner</i> B L S D	WORK OUT <i>strength</i> _____ <i>cardio</i> _____ <i>water</i>      
CALORIES IN	CALORIES OUT

WEDNESDAY			
Meal planner		WORK OUT	
B		strength	
L		cardio	
S		water	
D			
CALORIES IN		CALORIES OUT	

THURSDAY			
<i>Meal planner</i> B L S D	WORK OUT <i>strength</i> _____ <i>cardio</i> _____ <i>water</i> ○ ○ ○ ○ ○ ○ ○		
	CALORIES IN		CALORIES OUT

FRIDAY	
<i>Meal planner</i> B L S D	WORK OUT <i>strength</i> _____ <i>cardio</i> _____ <i>water</i> ○ ○ ○ ○ ○ ○ ○
CALORIES IN	CALORIES OUT

SATURDAY			
<i>Meal planner</i> B L S D		WORK OUT <i>strength</i> _____ <i>cardio</i> _____ <i>water</i> ○ ○ ○ ○ ○ ○ ○ ○	
CALORIES IN		CALORIES OUT	

SUNDAY			
Meal planner		WORK OUT	
B		strength	
L		cardio	
S		water	
D			
CALORIES IN		CALORIES OUT	

[illegible]