



## WEEKLY FITNESS GOALS:

SUNDAY	
TIME	CALORIE GOALS
ACTIVITY	MUSCLES WORKED
	LOWER BODY
	CORE
	UPPER BODY
	CARDIO
	STRETCH
	OTHER

MONDAY	
TIME	CALORIE GOALS
ACTIVITY	MUSCLES WORKED
	LOWER BODY
	CORE
	UPPER BODY
	CARDIO
	STRETCH
	OTHER

TUESDAY	
TIME	CALORIE GOALS
ACTIVITY	MUSCLES WORKED
	LOWER BODY
	CORE
	UPPER BODY
	CARDIO
	STRETCH
	OTHER

WEDNESDAY	
TIME	CALORIE GOALS
ACTIVITY	MUSCLES WORKED
	LOWER BODY
	CORE
	UPPER BODY
	CARDIO
	STRETCH
	OTHER

THURSDAY	
TIME	CALORIE GOALS
ACTIVITY	MUSCLES WORKED
	LOWER BODY
	CORE
	UPPER BODY
	CARDIO
	STRETCH
	OTHER

FRIDAY	
TIME	CALORIE GOALS
ACTIVITY	MUSCLES WORKED
	LOWER BODY
	CORE
	UPPER BODY
	CARDIO
	STRETCH
	OTHER

SATURDAY	
TIME	CALORIE GOALS
ACTIVITY	MUSCLES WORKED
	LOWER BODY
	CORE
	UPPER BODY
	CARDIO
	STRETCH
	OTHER

NOTES

							LOWER BODY				
MUSCLE BY MUSCLE	S	M	T	W	T	F	S	Squat	reps	sets	lbs
								Leg Press			
								Lunge			
								Deadlift			
								Leg Extension			
								Wall Sit			
								Leg Curl			
								Snatch			
								Calf Raises			
								Seated Calf Raises			
								Hip Abduction			
								Hip Adduction			
								UPPER BODY			
								Bench Press			
							Chest Press				
							Push Ups				
							Seated Row				
							Back Extensions				
							Lat. Pulldowns				
							Overhead Press				
							Lateral Raise				
							Front Raise				
							Bicep Curls				
							Hammer Curls				
							Tricep Extension				
							Dips				
							Kickbacks				
							CORE				
							Upper Abs				
							Lower Abs				
							Obliques				
							Lower Back				