

Weekly Workout Schedule

weekly workout calendar for _____

| | |
|------------------|--|
| Monday | Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(1 liter = 1000 ml) (1 quart = 946 ml) (1 gallon = 3.785 L)</small> |
| Tuesday | Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(1 liter = 1000 ml) (1 quart = 946 ml) (1 gallon = 3.785 L)</small> |
| Wednesday | Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(1 liter = 1000 ml) (1 quart = 946 ml) (1 gallon = 3.785 L)</small> |
| Thursday | Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(1 liter = 1000 ml) (1 quart = 946 ml) (1 gallon = 3.785 L)</small> |
| Friday | Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(1 liter = 1000 ml) (1 quart = 946 ml) (1 gallon = 3.785 L)</small> |
| Saturday | Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(1 liter = 1000 ml) (1 quart = 946 ml) (1 gallon = 3.785 L)</small> |
| Sunday | Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(1 liter = 1000 ml) (1 quart = 946 ml) (1 gallon = 3.785 L)</small> |

Created by Alisha @ Flourish (@alishagrathouse.com)

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| Sunday | |
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Daily Scriptural Encouragement

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