

OCTOBER 2014 FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<i>Cardio (3-5x/week)</i> <i>Strength (2-3x/week)</i> <i>Flexibility (2-7x/week)</i>			1	2	3	4	<i>Cardio:</i> _____ <i>Strength:</i> _____ <i>Flexibility:</i> _____
5	6	7	8	9	10	11	<i>Cardio:</i> _____ <i>Strength:</i> _____ <i>Flexibility:</i> _____
12	13	14	15	16	17	18	<i>Cardio:</i> _____ <i>Strength:</i> _____ <i>Flexibility:</i> _____
19	20	21	22	23	24	25	<i>Cardio:</i> _____ <i>Strength:</i> _____ <i>Flexibility:</i> _____
26	27	28	29	30	31		<i>Cardio:</i> _____ <i>Strength:</i> _____ <i>Flexibility:</i> _____