

Weekly Workout Schedule

weekly workout calendar for _____

| | |
|------------------|--|
| Monday | Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(Consider drinking enough water to keep your urine pale. You should drink 100-125% of your body weight in water per day.)</small> |
| Tuesday | Cardio/Strength Training _____ Total Water Consumed _____ mL <small>You are meant to sweat! So drink enough water to replace what you lose. You should drink 100-125% of your body weight in water per day.</small> |
| Wednesday | Cardio/Strength Training _____ Total Water Consumed _____ mL <small>It's always better to be a little dehydrated than overhydrated... 1 Litre (1000 mL)</small> |
| Thursday | Cardio/Strength Training _____ Total Water Consumed _____ mL <small>After your workout, it's important to rehydrate. You should aim to drink 100-125% of your body weight in water per day.</small> |
| Friday | Cardio/Strength Training _____ Total Water Consumed _____ mL <small>Rehydrate! Always exercise and rehydrate properly... 1 Litre (1000 mL)</small> |
| Saturday | Cardio/Strength Training _____ Total Water Consumed _____ mL <small>You do not have to sweat for your workout. You should aim to drink 100-125% of your body weight in water per day.</small> |
| Sunday | Cardio/Strength Training _____ Total Water Consumed _____ mL <small>Rehydrate in the gym when you can. You should aim to drink 100-125% of your body weight in water per day.</small> |

Created by Alisha @ Flourish (@alishagrathouse.com)

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| Sunday | |
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Daily Scriptural Encouragement

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