

weekly workout calendar for _____

Monday

Cardio/Strength Training _____ Total Water Consumed _____ ml
Use this day to begin your strength training routine. (See page 10)

Tuesday

Cardio/Strength Training _____ Total Water Consumed _____ ml
Use this day to begin your strength training routine. (See page 10)

Wednesday

Cardio/Strength Training _____ Total Water Consumed _____ ml
Use this day to begin your strength training routine. (See page 10)

Thursday

Cardio/Strength Training _____ Total Water Consumed _____ ml
Use this day to begin your strength training routine. (See page 10)

Friday

Cardio/Strength Training _____ Total Water Consumed _____ ml
Use this day to begin your strength training routine. (See page 10)

Saturday

Cardio/Strength Training _____ Total Water Consumed _____ ml
Use this day to begin your strength training routine. (See page 10)

Sunday

Cardio/Strength Training _____ Total Water Consumed _____ ml
Use this day to begin your strength training routine. (See page 10)

Use this for all your strength training routine.