

Exercise Schedule

Goal

Reward

Date		Total Workout Time				Muscle Group					
Resistance Training		Set 1		Set 2		Set 3		Set 4		Set 5	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	
Cardio:											
Exercise		Duration		Speed		Distance					

Date		Total Workout Time				Muscle Group					
Resistance Training		Set 1		Set 2		Set 3		Set 4		Set 5	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	
Cardio:											
Exercise		Duration		Speed		Distance					