

Workout Planner

Fail to plan, plan to fail! Planning when you want to workout to fit around your lifestyle and other commitments will help to ensure you do actually complete the workouts. Try and think of the workouts in the same way you would a hair or beauty appointment...You wouldn't miss one of those, so ensure you treat fitness in the same way.

Follow the example workout plan below or use the blank planner to plan your own.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Workout	Rest Day	Workout	Rest Day	Workout	Rest Day	Rest Day
2	Workout	Rest Day	Workout	Rest Day	Workout	Rest Day	Rest Day
3	Workout	Rest Day	Workout	Rest Day	Workout	Rest Day	Rest Day
4	Workout	Rest Day	Workout	Rest Day	Workout	Rest Day	Rest Day
5	Workout	Rest Day	Workout	Rest Day	Workout	Rest Day	Rest Day
6	Workout	Rest Day	Workout	Rest Day	Workout	Rest Day	Rest Day
7	Workout	Rest Day	Workout	Rest Day	Workout	Rest Day	Rest Day
8	Workout	Rest Day	Workout	Rest Day	Workout	Rest Day	Rest Day
9	Workout	Rest Day	Workout	Rest Day	Workout	Rest Day	Rest Day
10	Workout	Rest Day	Workout	Rest Day	Workout	Rest Day	Rest Day

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							