

BEGINNER MORNING FITNESS

TIME	ACTIVITY	DURATION	DONE
06:30 AM	Hydration & Light Stretching	10 min	☐
06:40 AM	Brisk Walk or Light Jog	20 min	☐
07:00 AM	Bodyweight Squats & Lunges	10 min	☐
07:10 AM	Plank & Core Stability	5 min	☐
07:15 AM	Cool Down & Deep Breathing	5 min	☐

WEEKLY PROGRESS NOTES