

MORNING FITNESS SCHEDULE

Week of: _____

TIME	ACTIVITY	DURATION	DONE
06:00 AM	Hydration & Light Stretching	10 Min	
06:15 AM	Core Strength / Yoga Flow	20 Min	
06:35 AM	Cardio (Run/Cycle/Brisk Walk)	30 Min	
07:05 AM	Cool Down & Meditation	10 Min	
07:15 AM	Post-Workout Nutrition	-	

WEEKLY GOALS & REFLECTION

"Consistency is the key to progress."