

EXERCISE PROGRESS

Month: _____ Year: 20____

Goal: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Type: Cardio / Strength / Flexibility

Intensity: Low / Med / High

Duration: _____ mins