WEEKLY EXERCISE PLANNER

WEEK OF: _____

	WORK HOURS/ SCHEDULE (ex: 8:00-5:00)	BREAK TIMES (ex: 10:00, 12:00, 3:00)	OTHER OBLIGATIONS & NOTES	MY EXERCISE TIME WILL BE:
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				