EXERCISE CHART

Structure your weekly exercise plan.

WEEK _____ / _____ / _____ – _____ / _____ / _____

GOALS _____

_____

_____

WARM UP   DAYS: _____

ACTIVITY	TIME / DIST	SETS / REPS	INTENSITY*	NOTES
	/	/		
	/	/		
	/	/		

STRENGTH TRAINING   DAYS: _____

EXERCISES	SETS / REPS	WEIGHT	REST TIME	NOTES
	/			
	/			
	/			
	/			
	/			
	/			
	/			
	/			
	/			

CARDIO TRAINING   DAYS: _____

EXERCISES	TIME / DIST	INTENSITY*	TARGET HR	NOTES
	/			
	/			
	/			
	/			
	/			

COOL DOWN   DAYS: _____

ACTIVITY	TIME / DIST	SETS / REPS	INTENSITY*	NOTES
	/	/		
	/	/		
	/	/		

* **intensity:** easy/medium/hard or poor/good/excellent