

Exercise Plan

Name: _____ Date: _____

Goals:

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| Exercise | Time / Amount | Intensity | Notes |
|----------|---------------|-----------|-------|
| | | | |

Have I done my exercise today?

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| Week 1 | | | | | | |
| Week 2 | | | | | | |
| Week 3 | | | | | | |
| Week 4 | | | | | | |

Notes / Tips: