

## Workout Schedule

1. Write down the weight and cardio machines you plan to complete this week.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Weight: Body fat:							
Weights: Sets:							
Cardio: Duration:							
Body Weight: Body fat:							
Weights: Sets:							
Cardio: Duration:							
Body Weight: Body fat:							
Weights: Sets:							
Cardio: Duration:							
Body Weight: Body fat:							
Weights: Sets:							
Cardio: Duration:							

2. Were you able to follow through with your plan? If not, cross out what you did not complete and write in what you did complete before continuing your weekly workout routine.