

# Weekly **Exercise Planner**

Week of:  
Goals:

**MONDAY**

---

---

---

---

---

---

---

**TUESDAY**

---

---

---

---

---

---

---

**WEDNESDAY**

---

---

---

---

---

---

---

**THURSDAY**

---

---

---

---

---

---

---

**FRIDAY**

---

---

---

---

---

---

---

**SATURDAY**

---

---

---

---

---

---

---

**SUNDAY**

---

---

---

---

---

---

---

**NOTES**