



Print **5**
per Month

Workout Chart

 For — - —

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Super Easy Warm
Up Routine

The Workout
I did

How I felt
today:

Water

Water

Water

Water

Water

Water

Water

1 2 3 4 5 6 7 8

1 2 3 4 5 6 7 8

1 2 3 4 5 6 7 8

1 2 3 4 5 6 7 8

1 2 3 4 5 6 7 8

1 2 3 4 5 6 7 8

1 2 3 4 5 6 7 8

My Notes

