



INSTANT DOWNLOAD • PRINTABLE
WORKOUT PLANNER & LOG
+ BONUS DAILY MEAL TRACKER

| WEEKLY WORKOUT PLANNER | | | | | | |
|---|--|--|--------------------------------------|---|--|--|
| Week 8 | Start Date | End Date | | | | |
| MONDAY | | | | | | |
| <input type="checkbox"/> STRETCH | <input type="checkbox"/> UPPER BODY | <input type="checkbox"/> LOWER BODY | <input type="checkbox"/> CORE | <input type="checkbox"/> FLEXIBILITY | <input type="checkbox"/> CARDIO | <input type="checkbox"/> INTERMEDIATE L M H |
| | | | | | | |
| TUESDAY | | | | | | |
| <input type="checkbox"/> STRETCH | <input type="checkbox"/> UPPER BODY | <input type="checkbox"/> LOWER BODY | <input type="checkbox"/> CORE | <input type="checkbox"/> FLEXIBILITY | <input type="checkbox"/> CARDIO | <input type="checkbox"/> INTERMEDIATE L M H |
| | | | | | | |
| WEDNESDAY | | | | | | |
| <input type="checkbox"/> STRETCH | <input type="checkbox"/> UPPER BODY | <input type="checkbox"/> LOWER BODY | <input type="checkbox"/> CORE | <input type="checkbox"/> FLEXIBILITY | <input type="checkbox"/> CARDIO | <input type="checkbox"/> INTERMEDIATE L M H |
| | | | | | | |
| THURSDAY | | | | | | |
| <input type="checkbox"/> STRETCH | <input type="checkbox"/> UPPER BODY | <input type="checkbox"/> LOWER BODY | <input type="checkbox"/> CORE | <input type="checkbox"/> FLEXIBILITY | <input type="checkbox"/> CARDIO | <input type="checkbox"/> INTERMEDIATE L M H |
| | | | | | | |
| FRIDAY | | | | | | |
| <input type="checkbox"/> STRETCH | <input type="checkbox"/> UPPER BODY | <input type="checkbox"/> LOWER BODY | <input type="checkbox"/> CORE | <input type="checkbox"/> FLEXIBILITY | <input type="checkbox"/> CARDIO | <input type="checkbox"/> INTERMEDIATE L M H |

2 VERSIONS: US LETTER (8.5 X 11 IN), 1/2 LETTER (5.5 X 8.5 IN)

| | | | | | | | | |
|--------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| PERIOD | <input type="checkbox"/> 1st period | <input type="checkbox"/> 2nd period | <input type="checkbox"/> 3rd period | <input type="checkbox"/> 4th period | <input type="checkbox"/> 5th period | <input type="checkbox"/> 6th period | <input type="checkbox"/> 7th period | <input type="checkbox"/> 8th period |
|--------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|

BONUS DAILY MEAL TRACKER

PRINTABLE • INSTANT DOWNLOAD

Log: Calories, Fats, Carbs, Proteins & Sodium

Log: Calories, Fats, Carbs, Proteins & Sodium

Log: Calories, Fats, Carbs, Proteins & Sodium

Log: Calories, Fats, Carbs, Proteins & Sodium

TRACK MEALS, WATER INTAKE, & SUPPLEMENTS