
Daily Schedule Planner

	Morning	Mid-Day	Afternoon	Evening
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Monthly Exercise Log

Exercise session	Exercise completed	Duration and intensity	Notes and plans
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
Bonus			
Bonus			
Bonus			

Comments on the month: _____

Special goals or plans for the next month: _____