



Weekly Workout Planner

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Example	6:30 AM Beginner Workout 20 minutes	Free Day	12:00 PM Lunch Time Walk 30 minutes	6:30 AM Beginner Workout 20 minutes	4:00 PM Walk Dog 20 minutes	4:30 PM Trail Walk 20 minutes	Free Day
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							