MONTH

## MY WORKOUT SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Y FRIDAY	SATURDAY
						Y
8						
8						
<u> </u>		<u> </u>				
				STATS		REWARD
GOALS				ITEM STAI	ART END	
6			<u> </u>			
-			<u> </u>			
			•			