

# Monthly workout schedule template

Month:	
Overall goal	

Week one			
Type of exercise	How many times a week?	With equipment	Without equipment
Cardio			
Strength			
HIIT			
Yoga/Stretching			
Rest day			

  

Week two			
Type of exercise	How many times a week?	With equipment	Without equipment
Cardio			
Strength			
HIIT			
Yoga/Stretching			
Rest day			

  

Week three			
Type of exercise	How many times a week?	With equipment	Without equipment
Cardio			
Strength			
HIIT			
Yoga/Stretching			
Rest day			