

EXERCISE CHART

Structure your weekly exercise plan.

WEEK ____ / ____ / ____ - ____ / ____ / ____

GOALS _____

WARM UP

DAYS: _____

ACTIVITY	TIME / DIST	SETS / REPS	INTENSITY*	NOTES
	/	/		
	/	/		
	/	/		

STRENGTH TRAINING

DAYS: _____

EXERCISES	SETS / REPS	WEIGHT	REST TIME	NOTES
	/			
	/			
	/			
	/			
	/			
	/			
	/			
	/			
	/			

CARDIO TRAINING

DAYS: _____

EXERCISES	TIME / DIST	INTENSITY*	TARGET HR	NOTES
	/			
	/			
	/			
	/			
	/			

COOL DOWN

DAYS: _____

ACTIVITY	TIME / DIST	SETS / REPS	INTENSITY*	NOTES
	/	/		
	/	/		
	/	/		

* Intensity: easy/medium/hard or poor/good/excellent