

WEEKLY EXERCISE PLANNER

Week of: _____

	Work Week Hours/Schedule Ex: 8:00-5:00	Break Times Ex: 10:00, 12:00, 3:00	Other Obligations/Notes	My Exercise Time Will Be:
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Look at your upcoming week and plan ahead. When can you MAKE time to exercise?