



# Weekly Exercise Planner

Week of: \_\_\_\_\_

	<b>Work Hours/Schedule</b> Ex: 8:00-5:00	<b>Break Times</b> Ex: 10:00, 12:00, 3:00	<b>Other Obligations/Notes</b>	<b>My Exercise Time Will Be:</b>
<b>Mon</b>				
<b>Tues</b>				
<b>Wed</b>				
<b>Thur</b>				
<b>Fri</b>				
<b>Sat</b>				
<b>Sun</b>				

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