

Today's Date: _____

Planned start date: _____

Times that would be convenient: (Circle one)

How long do I have or need in each time frame?

What days will be convenient?

What types of exercises do I want to do?

Do I want to: (Circle One) do all exercises every time or schedule different exercises each day?

My Exercise Schedule:

| Sunday | Monday | Tuesday | Wednesday |
|----------|--------|----------|-----------|
| Time: | Time: | Time: | Time: |
| | | | |
| Thursday | Friday | Saturday | |
| Time: | Time: | Time: | |
| | | | |

What is my goal? _____

