

DATE / /

PHYSICAL ACTIVITY WEEKLY PLANNER

THE PLAN

CARDIO

UPPER BODY EXERCISES

CORE

LOWER BODY EXERCISES

STRETCHING





OF SETS/REPS





MONDAY





TUESDAY





ACTIVITY

ACTIVITY

_____    

_____    

_____    





_____    





WEDNESDAY





THURSDAY





ACTIVITY

ACTIVITY

_____    

_____    

_____    





_____    





FRIDAY





SATURDAY





ACTIVITY

ACTIVITY

_____    

_____    

_____    

_____    

SUNDAY

REFLECTION





ACTIVITY

How did the week go?



What will you change or add?

Now make a plan for next week!

_____    

_____ 