

# 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