The 15 Minute Fix **Workout Title:** _____ **Week of:** _____

Exercise		Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
			Time E/A*	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	/	/	/	/	/	/	/

* estimated/actual

Total Weekly Time /

Average Time per Day /