



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	/	/	/	/	/	/	/
			* estimated/actual							
									Total Weekly Time	/
									Average Time per Day	/