



MY WORKOUT PLAN

PART 1: Brainstorming

1. How many days a week will you workout?
What is realistic for your right now?

2. Which days of the week will you work out?
List each day.

3. What exercised do I enjoy? What exercised will I do on the days I've planned?

4. How much time will you block out to workout? Will it be different on different days?

5. How will I prepare so that it's easy and convenient to workout? List each idea.

6. How will I keep myself accountable? List each idea

PART 2: Create Your Weekly Workout

Now that you have a good idea of what you're doing, schedule your weekly plan listing what your workout will be (or put REST if it's a rest day) and when you will do it (including how long).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
my workout:	my workout:	my workout:	my workout:	my workout:	my workout:	my workout:
when:	when:	when:	when:	when:	when:	when: