

Two-Week Fitness Planner

Name _____ Start date _____ Main goal _____

Day	Planned workout	Time	Minutes	Effort (1 to 10)	Done	Notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Plan it Sunday night. Log it the same day. Rest days count as part of the plan.