

# MY WORKOUT PLANNER

MY MOTIVATION FOR  
EXERCISE THIS WEEK:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## EXERCISE GUIDLINES

CARDIO WORKOUT:  
3 DAYS X 30 MINUTES

RESISTANCE WORKOUT:  
2-3 DAYS X 30 MINUTES

STRETCHES/MOBILITY:  
2 DAYS

1 X REST DAY!

(AIM FOR 2.5-5 HOURS  
MODERATE INTENSITY IN  
TOTAL)