

Monthly Exercise Planner



15 Minutes



Plan your exercise for the month to work towards & keep track of your workout goals. Tick 'complete' as you go
Remember: rest days are important too!

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>
TUE	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>
WED	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>
THU	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>
FRI	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>
SAT	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>
SUN	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>	Completed <input checked="" type="checkbox"/>