

# Workout Plan

Use this exercise planner to help you reach your exercise goals! You can write exercises you want to do each day. Pick an activity and decide how long you want to spend on it. You can also mark which days you would like to rest!

<b>Day of the Week</b>	<b>Type of Exercise</b> Endurance, Strength, Flexibility, Balance	<b>Activity</b>	<b>Time Spent</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			