

Workout Plan

Use this exercise planner to help you reach your exercise goals! You can check off the exercises you want to do each day.

Pick an activity and decide how long you want to spend on it. You can also mark a day for rest!

Day of the Week	Type of Exercise	Activity	Time Spent
Monday	<input type="checkbox"/> Endurance <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility <input type="checkbox"/> Rest Day <input type="checkbox"/> Balance		
Tuesday	<input type="checkbox"/> Endurance <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility <input type="checkbox"/> Rest Day <input type="checkbox"/> Balance		
Wednesday	<input type="checkbox"/> Endurance <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility <input type="checkbox"/> Rest Day <input type="checkbox"/> Balance		
Thursday	<input type="checkbox"/> Endurance <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility <input type="checkbox"/> Rest Day <input type="checkbox"/> Balance		
Friday	<input type="checkbox"/> Endurance <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility <input type="checkbox"/> Rest Day <input type="checkbox"/> Balance		
Saturday	<input type="checkbox"/> Endurance <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility <input type="checkbox"/> Rest Day <input type="checkbox"/> Balance		
Sunday	<input type="checkbox"/> Endurance <input type="checkbox"/> Strength <input type="checkbox"/> Flexibility <input type="checkbox"/> Rest Day <input type="checkbox"/> Balance		