



WORKOUT PLANNER

JANUARY 2018

S	M	T	W	T	F	S
	1 P: C:	2 P: C:	3 P: C:	4 P: C:	5 P: C:	6 P: C:
7 P: C:	8 P: C:	9 P: C:	10 P: C:	11 P: C:	12 P: C:	13 P: C:
14 P: C:	15 P: C:	16 P: C:	17 P: C:	18 P: C:	19 P: C:	20 P: C:
21 P: C:	22 P: C:	23 P: C:	24 P: C:	25 P: C:	26 P: C:	27 P: C:
28 P: C:	29 P: C:	30 P: C:	31 P: C:			

P = Planned
C = Complete

FITNESS GOALS