



WORKOUT PLANNER

APRIL 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:					

P = Planned
C = Complete

FITNESS GOALS