



WORKOUT PLANNER

JULY 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