

# Fitness PLANNER

WEEK OF: \_\_\_\_\_

MONDAY			
<i>Meal planner</i>		<b>WORK OUT</b>	
<b>B</b>		<i>strength</i> .....	
<b>L</b>		<i>cardio</i> .....	
<b>S</b>		<i>water</i> ○○○○○○○	
<b>D</b>			
<b>CALORIES IN</b>		<b>CALORIES OUT</b>	

TUESDAY			
<i>Meal planner</i>		<b>WORK OUT</b>	
<b>B</b>		<i>strength</i> .....	
<b>L</b>		<i>cardio</i> .....	
<b>S</b>		<i>water</i> ○○○○○○○	
<b>D</b>			
<b>CALORIES IN</b>		<b>CALORIES OUT</b>	

WEDNESDAY			
<i>Meal planner</i>		<b>WORK OUT</b>	
<b>B</b>		<i>strength</i> .....	
<b>L</b>		<i>cardio</i> .....	
<b>S</b>		<i>water</i> ○○○○○○○	
<b>D</b>			
<b>CALORIES IN</b>		<b>CALORIES OUT</b>	

THURSDAY			
<i>Meal planner</i>		<b>WORK OUT</b>	
<b>B</b>		<i>strength</i> .....	
<b>L</b>		<i>cardio</i> .....	
<b>S</b>		<i>water</i> ○○○○○○○	
<b>D</b>			
<b>CALORIES IN</b>		<b>CALORIES OUT</b>	

FRIDAY			
<i>Meal planner</i>		<b>WORK OUT</b>	
<b>B</b>		<i>strength</i> .....	
<b>L</b>		<i>cardio</i> .....	
<b>S</b>		<i>water</i> ○○○○○○○	
<b>D</b>			
<b>CALORIES IN</b>		<b>CALORIES OUT</b>	

SATURDAY			
<i>Meal planner</i>		<b>WORK OUT</b>	
<b>B</b>		<i>strength</i> .....	
<b>L</b>		<i>cardio</i> .....	
<b>S</b>		<i>water</i> ○○○○○○○	
<b>D</b>			
<b>CALORIES IN</b>		<b>CALORIES OUT</b>	

SUNDAY			
<i>Meal planner</i>		<b>WORK OUT</b>	
<b>B</b>		<i>strength</i> .....	
<b>L</b>		<i>cardio</i> .....	
<b>S</b>		<i>water</i> ○○○○○○○	
<b>D</b>			
<b>CALORIES IN</b>		<b>CALORIES OUT</b>	

<i>Notes &amp; Total</i>			
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