

Name:

Period:

Date:

	1	2	3	4	NOTES
M					
T					
W					
T					
F					
S					
S					

W = WARM-UP
MS = MAIN SET
C = COOL DOWN

Write the descriptions of your workout on the back of this paper. Then on the calendar just write in the number of the workout you want to do that day.

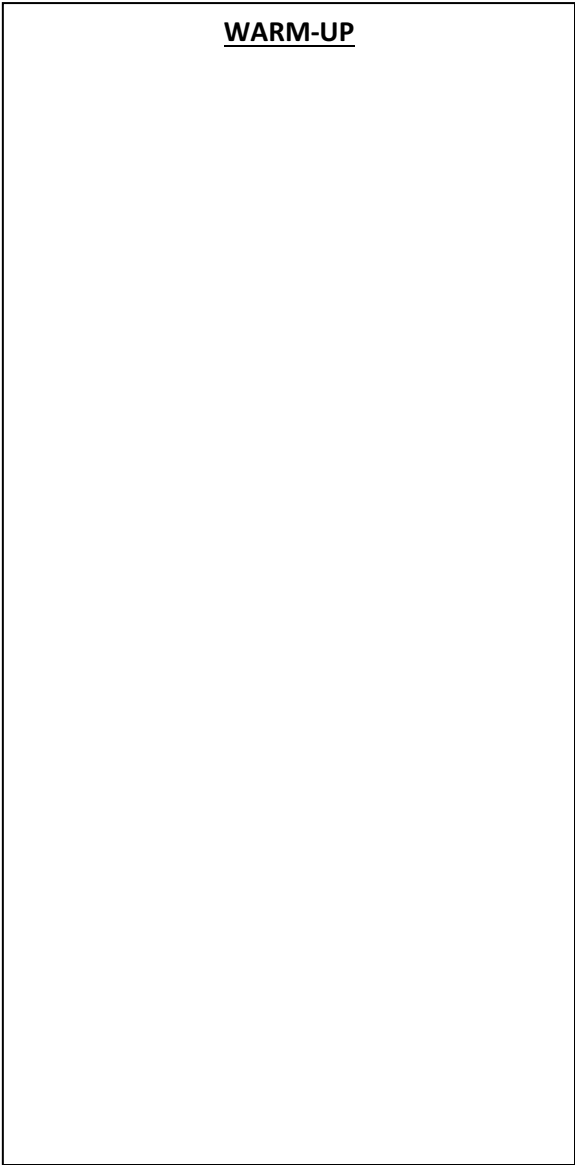
In the "NOTES" section you can put goals for the next workout, how that workout went, or whatever you need to help you meet your overall goals.

Name:

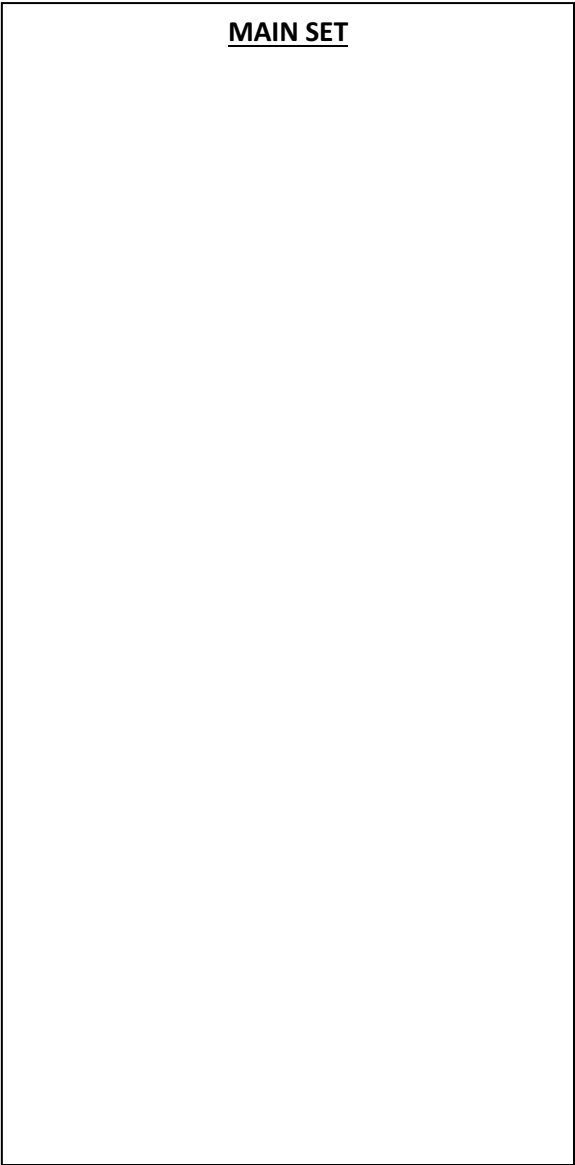
Period:

Date:

WARM-UP



MAIN SET



COOL-DOWN

