Life Healthcare

4-Week Workout Calendar

Move more for good health

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 WEIGHT:						
Planned workout	Planned workout	Planned workout	Planned workout	Planned workout	Planned workout	Planned workout
WEEK 2 WEIGHT:						
Planned workout	Planned workout	Planned workout	Planned workout	Planned workout	Planned workout	Planned workout
WEEK 3 WEIGHT:						
Planned workout	Planned workout	Planned workout	Planned workout	Planned workout	Planned workout	Planned workout
WEEK 4 WEIGHT:						
Planned workout	Planned workout	Planned workout	Planned workout	Planned workout	Planned workout	Planned workout

What's Your Fitness Goal

Why?

Did You Achive It?