

DATE

WORKOUT PLANNER

M T W T F S S

START TIME	FINISH TIME	EXERCISE TIME	SESSION FOCUS

EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
	W						
	R						
	W						
	R						
	W						
	R						
	W						
	R						
	W						
	R						
	W						
	R						
	W						
	R						
	W						
	R						

EXERCISE	DISTANCE	TIME	CALORIES	NOTES

