Workout Ideas:			A MONTHLY EXERCISE PLANNER Goals:			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
_	_					
_	_					
	_					



A WEEKLY EXERCISE PLANNER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mode	Meals:	Mode	Meals:	Mode	Meals:	Meals:
Meals:	MEGIS:	Meals:	Meals:	Meals:	MEGIS:	Medis: