



# My Weekly Fitness Planner

#valueyourhealth

Three of my happy moments from this week:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



| DAY       | ACTIVITY OR EXERCISE ROUTINE | WHAT TIME?<br>HOW LONG? |
|-----------|------------------------------|-------------------------|
| MONDAY    |                              |                         |
| TUESDAY   |                              |                         |
| WEDNESDAY |                              |                         |
| THURSDAY  |                              |                         |
| FRIDAY    |                              |                         |
| SATURDAY  |                              |                         |
| SUNDAY    |                              |                         |