

Workout Planner

Write it down, lift it, beat it next week.

Week of: _____ This week's goal: _____

Day	Session / focus	Done
MON		☐
TUE		☐
WED		☐
THU		☐
FRI		☐
SAT		☐
SUN		☐

Exercise	Sets	Reps	Weight	Notes

REST & RECOVERY

- ☐ Slept 7-8 hours
- ☐ Stretched / mobility done
- ☐ Rest day taken
- ☐ Water - about 2 litres

PROGRESS MEASUREMENTS

Weight: _____

Waist: _____

Hips: _____

Chest: _____

Arms: _____

WEEKLY REVIEW & SESSION NOTES
