Weekly Workout Planner

Week of: _____

Top Fitness Goal:_____

This Week's Goal:_____

Monday

Exercises:				
Reps/Sets:				
Weight (if applicable)				
How I Felt Today:				

Tuesday

Exercises:				
Reps/Sets:				
Weight (if applicable)				
How I Felt Today:				

Wednesday

Exercises:				
Reps/Sets:				
Weight (if applicable)				
How I Felt Today:				

Thursday

Exercises:				
Reps/Sets:				
Weight (if applicable)				
How I Felt Today:				

Friday

Exercises:				
Reps/Sets:				
Weight (if applicable)				
How I Felt Today:				

Weekly Workout Planner

Week of: _____

Saturday

Exercises:				
Reps/Sets:				
Weight (if applicable)				
How I Felt Today:				

Sunday

Exercises:				
Reps/Sets:				
Weight (if applicable)				
How I Felt Today:				

Weekly Reflection:

- **What went well this week? _____**
- **What challenges did I face? _____**
- **What will I focus on next week? _____**

Additional Notes:

Action Steps:
1. Fill out next week's Workout Planner
2. Save this week's Workout