

# WEEKLY WORKOUT PLANNER

<b>NAME:</b>	<b>WEEK OF:</b>	<b>GOAL:</b>
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DAY	FOCUS	EXERCISES	TIME/SETS
MON	UPPER BODY		
TUES	CARDIO & CORE		
WEDS	LOWER BODY		
THURS	RECOVERY / YOGA		
FRI	FULL BODY		
SAT	HIIT		
SUN	REST / STRETCH		

<b>WEEKLY NOTES</b>	
<b>BEST WORKOUT:</b>	<b>WATER INTAKE: ____ L/DAY</b>
<b>IMPROVEMENT NEEDED:</b>	<b>TOTAL TIME SPENT: ____ MINS/WEEK</b>

# Fitness Planner Advanced

**University of Illinois at Urbana-  
Champaign. College of Applied Health  
Sciences**

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