

# Beginners Fitness Planner



DATE: \_\_\_\_\_  
PREPARED BY: \_\_\_\_\_

## WEEKLY GOALS:

WEEK	MAIN FOCUS	TARGET
1		
2		
3		
4		

## DAILY EXERCISE PLAN:

DAY	ACTIVITY	DURATION	NOTES
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

# Fitness Planner For Beginners

**D Siedentop**



## **Fitness Planner For Beginners:**

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