

Fitness P L A N N E R

WEEK OF: _____

MONDAY				
Meal planner		WORK OUT		
		strength _____		
		cardio _____		
		water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		
CALORIES IN			CALORIES OUT	

TUESDAY				
Meal planner		WORK OUT		
		strength _____		
		cardio _____		
		water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		
CALORIES IN			CALORIES OUT	

WEDNESDAY				
Meal planner		WORK OUT		
		strength _____		
		cardio _____		
		water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		
CALORIES IN			CALORIES OUT	

THURSDAY				
Meal planner		WORK OUT		
		strength _____		
		cardio _____		
		water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		
CALORIES IN			CALORIES OUT	

FRIDAY				
Meal planner		WORK OUT		
		strength _____		
		cardio _____		
		water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		
CALORIES IN			CALORIES OUT	

SATURDAY				
Meal planner		WORK OUT		
		strength _____		
		cardio _____		
		water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		
CALORIES IN			CALORIES OUT	

SUNDAY				
Meal planner		WORK OUT		
		strength _____		
		cardio _____		
		water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		
CALORIES IN			CALORIES OUT	

Notes & Total			

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