1st Foot Forward Exercise Plan for starting on / / Finishing on / /

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | Comments |
| WEEK1 |  |  |  |  |  |  |  |  |
| WEEK2 |  |  |  |  |  |  |  |  |
| WEEK3 |  |  |  |  |  |  |  |  |
| WEEK4 |  |  |  |  |  |  |  |  |
| WEEK5 |  |  |  |  |  |  |  |  |
| WEEK6 |  |  |  |  |  |  |  |  |
| WEEK7 |  |  |  |  |  |  |  |  |
| WEEK8 |  |  |  |  |  |  |  |  |

# Notes: