

# ENERGYBOOSTER

NAME: ..... WEEK ..... YEAR .....

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Exercise:							
	Reps:							
2	Exercise:							
	Reps:							
3	Exercise:							
	Reps:							
4	Exercise:							
	Reps:							
5	Exercise:							
	Reps:							
6	Exercise:							
	Reps:							
7	Exercise:							
	Reps:							
8	Exercise:							
	Reps:							
9	Exercise:							
	Reps:							
10	Exercise:							
	Reps:							
11	Exercise:							
	Reps:							
12	Exercise:							
	Reps:							