

My Weekly Fitness Plan

Day	Activity (Examples: 20-min jog, 3 sets of push-ups, yoga)	Duration	How I Felt (1-10)	Notes
Monday	Example: 20-minute brisk walk around neighborhood	20 min	7/10	Felt energized after, will try to go longer next week
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				