

# My Physical Wellness Schedule

I have a CSV of this file as well. Workouts will play a large role in 2026.

Date	Kg Weekly Goal	My Weight (Kg)	+/- Progress
Jan 1, 2026	0.0000		
Jan 8, 2026	-1.0468		+1.8453
Jan 15, 2026	-1.0468		
Jan 22, 2026	-1.0468		
Jan 29, 2026	-1.0468		
Feb 5, 2026	-1.0468		
Feb 12, 2026	-1.0468		
Feb 19, 2026	-1.0468		
Feb 26, 2026	-1.0468		
Mar 5, 2026	-1.0468		
Mar 12, 2026	-1.0468		
Mar 19, 2026	-1.0468		
Mar 26, 2026	-1.0468		
Apr 2, 2026	-1.0468		
Apr 9, 2026	-1.0468		
Apr 16, 2026	-1.0468		
Apr 23, 2026	-1.0468		
Apr 30, 2026	-1.0468		
May 7, 2026	-1.0468		

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May 14, 2026	-1.0468
May 21, 2026	-1.0468
May 28, 2026	-1.0468
Jun 4, 2026	-1.0468
Jun 11, 2026	-1.0468
Jun 18, 2026	-1.0468
Jun 25, 2026	-1.0468
Jul 2, 2026	-1.0468
Jul 9, 2026	0.0000
Jul 16, 2026	0.0000
Jul 23, 2026	0.0000
Jul 30, 2026	0.0000
Aug 6, 2026	0.0000
Aug 13, 2026	0.0000
Aug 20, 2026	0.0000
Aug 27, 2026	0.0000
Sep 3, 2026	0.0000
Sep 10, 2026	0.0000
Sep 17, 2026	0.0000
Sep 24, 2026	0.0000
Oct 1, 2026	0.0000
Oct 8, 2026	0.0000
Oct 15, 2026	0.0000
Oct 22, 2026	0.0000
Oct 29, 2026	0.0000
Nov 5, 2026	0.0000
Nov 12, 2026	0.0000

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Nov 19, 2026	0.0000
Nov 26, 2026	0.0000
Dec 3, 2026	0.0000
Dec 10, 2026	0.0000
Dec 17, 2026	0.0000
Dec 24, 2026	0.0000

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