

MONTHLY WORKOUT PLAN

Month _____ Year _____



DATE	DAY	CHEST	BACK	SHOULDERS	LEGS	ARMS	CORE	CARDIO	REST	NOTES
1										
2										
3										
4										
5										
6										
7										
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10										
11										
12										
13										
14										
15										
16										

Goals

DATE	DAY	CHEST	BACK	SHOULDERS	LEGS	ARMS	CORE	CARDIO	REST	NOTES
17										
18										
19										
20										
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										

Notes

